From the president...

What a great feeling when we are adding chairs near the back of the meeting room. That’s what happened at our March meeting. Thanks to all of you for making time to attend our monthly support group meetings. It really is great to be alive and to help others. Your sharing is important and inspires others in this process of accepting our new and sometimes difficult struggles on this new heart journey.

Our chapter needs your help.

If you had heart surgery within the last 5 years, you probably recognize this picture of the Mended Hearts HeartGuide given to you when we made a visit with you and/or your family. In past years, patients were provided other materials but all were heart related and provided free of charge to heart patients. In order to continue providing HeartGuides to our patients, Chapter 260 needs financial support. Although the HeartGuides are currently provided free to chapters, chapters must now pay the shipping cost which for our chapter is approximately $40-$50 for 120 guides. We are ordering guides every 2 months. Our chapter does not have fund raisers, so the cost comes from local chapter dues of $8 and donations from members.

All donations made to Mended Hearts are tax-exempt. A donation of $50 will pay the shipping cost for HeartGuides to be shared with 120 heart patients. We are encouraging you to consider making a donation to Mended Hearts Chapter 260 and mailing your donation to:
Mended Hearts 260, P O Box 18912, Huntsville, AL 35804. Your donation will help us continue to provide heart patients support and encouragement.

Feel free to reach out to us if you have questions or suggestions.

We look forward to seeing you at our Thursday, April 18th meeting in Room 119A, Dowdle Center on the corner of Gallatin and Governors.

Dr. Fredonia B. Williams, Chapter 260 Interim President
March meeting topic: Diabetes and Heart Disease

Speaker: Dr. Stephanie Mott, Certified Registered Nurse Practitioner, Huntsville Renal Clinic

Dr. Mott shared with an overcrowded room that when you have diabetes, your body doesn’t produce insulin (a hormone that controls blood sugar) or your body doesn’t respond to its own insulin. Either way, your body has trouble regulating blood sugar. High blood sugar levels play a role in the development of heart disease.

Many people with diabetes don’t even realize they have it until it becomes life-threatening or leads to a serious complication. One way to find out for sure is to have a blood test, called an A1C test. The A1C test measures your blood sugar level over the past 2 to 3 months. Another way is to get a glucose tolerance test.

To maintain heart health and keep your diabetes under control, it is important to focus on managing blood sugar levels. That means watching diet, exercising, controlling weight and taking medication if necessary. One will also need to check blood sugar levels several times a day with a glucose meter and have regular check-ups that include an A1C test. The A1C test is the best way to tell how you’re doing at controlling glucose and insulin levels.

Keeping blood sugar under control can help you feel your best. It also reduces chances of damage to artery walls and helps keep blood pressure and lipid levels low. So it is important to check blood sugar before and after you exercise. Exercise lowers your blood sugar. Carbohydrates are the body’s main source of fuel, but carbs raise blood sugar more than any other type of food. To prevent this, limit the amount of carbs you eat at one time.

One serving of carbs is 15 grams. Each of the following makes one serving of carbs.

- 1/2 cup of kidney beans
- 1 slice of bread
- 1/3 cup cooked pasta
- 1 cup fat free milk
- 1 small apple unpeeled
- 1/2 cup mashed potatoes or cooked corn

Dr. Mott also made available forms to Huntsville Hospital Diabetes Control Center at 420 Lowell Drive. If anyone is interested, they may discuss with their physician or call 256.801.6282.
Upcoming Events

Saturday, April 13th 8 am Heart Walk

Stephanie Cline, AHA Heart Walk Director has asked for Mended Hearts members to assist with passing out the survivor hats. They will have a full survivor celebration this year and the tents are all next to each other. We would love to have a large group this year.

Downtown Huntsville, Courthouse Square.

Thursday, April 18th meeting—Eye disease and heart disease

Both of these are related and are reasons you will certainly want to hear our April speaker, Dr. Donald Derivaux. Join us Thursday, April 18th at the Dowdle Center (corner of Gallatin Street and Governors Drive) at 6:30 pm in room 119A.

Dr. Donald Derivaux is a native of Huntsville, Alabama. He attended University of Alabama and graduated Magna Cum Laude. Dr. Derivaux went on to attend The University of Alabama at Birmingham’s College of Medicine.. He completed his internship and residency in ophthalmology at the Ocshner Foundation in Louisiana. He is board certified by the American Academy of Ophthalmology as well as the Alabama Academy of Ophthalmology and the Madison County of Medical Society. Dr. Derivaux has been privately practicing general ophthalmology since 1992.

Thursday April 18th Cardiac Rehab Speaker at 10:45, Heart Center - John Sherrick

♦ Thursday, May 16th meeting, Dr. Warren Strickland “Ask the Doc”

♦ Saturday, June 15th—our chapter does not meet in June but join us for our annual family picnic beginning at 11:00 am at Whitesburg Baptist Church (south campus) on Whitesburg Drive just off Martin Road.
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.

**April Birthdays**
- Arthur Nunes
- Toccara Simpson

**April Mendiversaries**
- John Neely
- Michael Schubert
- Sylvia Townsley

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**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

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**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. The new membership will be available in the May newsletter. Caregivers are also encouraged to join.

**Members joining at the March meeting:** Chris Green, Samantha Bloemejo
- Emebet Mamo

New Membership Form to be available in the May mailing.
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

**The Mended Hearts, Inc.**

**National Office**

Phone: 888-HEART99 (432-7899)

www.mendedhearts.org

### Member Information (please print or type)

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

Name of Caregiver ________ Phone ________

Alt Phone ________

- Check here if also Heart Patient
- Procedure specify: ________

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>
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<tr>
<td>Individual $20.00</td>
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<tr>
<td>Family $30.00</td>
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<tr>
<td>Life - Individual Dues $150.00</td>
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</tr>
<tr>
<td>Life - Family Dues $210.00</td>
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**Dues Summary:**

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<td>$ ________</td>
<td>$8.00</td>
<td>$ ________</td>
<td>$ ________</td>
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</tbody>
</table>

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 18912

Huntsville, AL 35804

MH2050C 2013