From the president...

Our speaker for last month Dr. Donald Derivaux will be rescheduled. We did not meet due to threatening weather. Hope to see all of you Thursday, May 16th at 6:30 in Room 119A, Dowdle Center. See page 2 for program details.

On behalf of the Mended Hearts Chapter 260, thanks to Pat Legg and the volunteer office for recognizing volunteers at the annual luncheon. More than 300 volunteers are part of the Huntsville Hospital group. In true Pat Legg form, the table centerpieces were symbolic of the luncheon theme “Thank you for TOUCHING A LIFE”. Each volunteer was given a framed poem that read:

If you want to touch the past, touch a rock.
If you want to touch the present, touch a flower.
If you want to touch the future, touch a life.

All Accredited Visitors will meet with Julie Carlyle, Director of Cardiovascular Services on Thursday, May 16th at 5:00 pm in Room 6B on the floor near the Mended Hearts closet. The purpose of this meeting is to share the new process of meeting with families of patients having heart surgery. Wear your red jacket/vest because we will have a group picture after this meeting and before our regular 6:30 meeting at the Dowdle Center.
Upcoming Events

Thursday, May 16th meeting—Let’s have a conversation about your heart

Dr. Warren Strickland has been a practicing cardiologist for over 20 years. He received his medical degree from the University of Arkansas in 1984. He completed both his residency and fellowship at Tulane University in New Orleans, Louisiana, where he was awarded the Outstanding Cardiology Fellow during his fellowship. Dr. Strickland is widely regarded in the field of interventional cardiology with numerous awards and recognitions. He has exemplified servant leadership in our community and in the field of medicine.

Dr. Warren Strickland is rescheduled from our February meeting. We each have the power to prevent, treat, and even end heart disease by educating ourselves and making some simple lifestyle changes.

Thursday May 16th Cardiac Rehab Speaker at 10:45, Heart Center - Lindell Smith

Saturday, June 15th—Our chapter does not meet in June. It’s the annual Mended Hearts picnic

Time: 11:00 am to 1:00 pm

Place: Whitesburg Baptist Church (south campus) on Whitesburg Drive just off Martin Road.

Bring a dessert or side dish. Everything else is provided.

July 18th meeting—Sleep Apnea

August 15th meeting—Chris Green “Journey to my heart transplant”

September plans are underway to celebrate the 25th Anniversary of Chapter 260
Thanks to Chapter 260 members who joined us to distribute the survivor caps during the 2019 Heart Walk. Members included Lindell Smith, Sharon Smith, Sylvia Townsley, Eddie Landers, Randy Boyette, Lincoln Williams, Samanthea Bloemetjie, Melissa Roebuck, and Emebet Mamo

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**Exercise and Heart Disease— What if I Already Have a Heart Condition?**

If you have been diagnosed with heart disease, then you have all the more reason to exercise! Regular exercise has been shown to help ease the symptoms of chronic heart conditions (such as coronary heart disease and heart failure), speed healing after a heart attack or stroke, and help you live longer. Remember, your heart is a muscle, and it needs to be strengthened. And it’s never too late to start. Talk to your doctor before starting an exercise program, especially if you have: diabetes, chest pain, high blood pressure, high cholesterol, previous heart attack, heart failure, or another form of heart disease

For some people, taking part in a cardiac rehabilitation program is the best first step before exercising on their own. Cardiac rehabilitation is a medically supervised program that involves exercise and other components to help improve heart health after a person has surgery, or suffers a heart attack or other significant cardiac event.
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.

May Birthdays
Logan Cox
Kathy McFarland
Karen Owens

May Mendiversaries
Donnette Smith
Marion Terry

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. The new membership is attached to this newsletter. Caregivers are also encouraged to join.

See you Thursday, May 16, 2019 @ 6:30 in Room 119A (Dowdle Center)
We meet at the Dowdle Center on the corner of Gallatin and Governors.

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
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE ________

Name (Mr. Mrs. Ms.) ____________________________________________________________

Address ....................................................................................................................

City / ST / Zip .........................................................................................................

Email address .........................................................................................................

I want to be a MH support volunteer: ☐ Yes ☐ No

I am interested in CHD Parent Matching: ☐ Yes ☐ No

(Please check all that apply) I am a ☐ Heart Patient ☐ Caregiver ☐ CHD Parent ☐ Physician ☐ RN ☐ Healthcare Employee

OPTIONAL INFO: Race: ☐ Caucasian ☐ Black ☐ Asian ☐ Am. Indian ☐ Hispanic ☐ Other ___________ Gender: ☐ Male ☐ Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

☐ Associate Member — FREE
☐ Can attend any chapter meeting for MH or MLH
☐ Can access Member Portal
☐ Can access the National e-newsletter

☐ Individual Member — $20 annual donation per person
☐ All the benefits of an Associate Member, PLUS
☐ Membership Card
☐ Car Decal — Select: ___ MH or ___ MLH
☐ One-time 5% off coupon for purchases from the MH store
☐ Annual year subscription to Heartbeat magazine ($30 value)

☐ Bronze Member — $45 annual donation per person
☐ All the benefits of a Full Individual Member, PLUS
☐ Membership Pin
☐ Choice of ___ Drawing Backpack or ___ MH/MLH Notecards (10 pk)
☐ 5% off registration of any National (not regional) MH/MLH Conference or Symposium

☐ Silver Member — $100 annual donation per person
☐ All the benefits of a Bronze Member, PLUS
☐ A Stainless Steel Mended Hearts Travel Mug

☐ Gold Member — $250 annual donation per person
☐ All the benefits of a Silver Member, PLUS
☐ A Red Beach Blanket
☐ 10% off registration of any National Conference or CHD Symposium

☐ Heart of Gold Lifetime Sponsor — $1500 donation
☐ A one-time donation per individual
☐ All the benefits of a Gold member FOR LIFE, PLUS
☐ 15% off registration fees at National MH/MLH Conference / Symposium
☐ Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

☐ Family Membership — $40 annual donation
☐ All of the benefits of an Associate Membership, PLUS
☐ One year annual subscription to Heartbeat magazine ($30 value)
☐ Membership Cards for all members of the family
☐ 2 Car Decals — Select: ___ MH or ___ MLH
☐ Each family member receives a one-time 5% off coupon for purchases from the MH store. Use only one coupon per order.

☐ Bronze Family Membership — $75 annual donation
☐ All the benefits of a Family Membership, PLUS
☐ One Membership Pin per member
☐ Choice of ___ Drawing Backpack or ___ MH/MLH Notecards (10 pk)
☐ 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Family Members:

Spouse ___  Child ___ Heart Patient ___

Spouse ___  Child ___ Heart Patient ___

Spouse ___  Child ___ Heart Patient ___

Spouse ___  Child ___ Heart Patient ___

PAYMENT INFORMATION:

Membership Level ___________ $ ___________

Additional tax-deductible Donation to
☐ Mended Hearts ☐ Mended Little Hearts $ ___________

TOTAL $ ___________

Please make your check payable to: Mended Hearts, Inc.
1500 Dawson Road
Albany, GA 31707

For Credit Card payments, call 1-888-432-7890 (1-888-HEART99)