After open heart surgery in 2008, followed by five additional surgeries within an 18-month period, I joined Mended Hearts Chapter 260 with a goal of providing the support that I received from an Accredited Visitor. In 2013, the appointment to a 6-year term as National Visiting Chair by the late Mended Hearts National President Gus Littlefield was an honor. During my career as a high school principal, adjunct college professor and leadership trainer, direct communication with those entrusted to deliver a message was very important to the success of a program. So how could I deliver effectively the mission of the Mended Hearts Accredited Visitors Program? Thus, the creation of Visiting Vignettes began in September 2013 signaling the "birth" of this e-newsletter.

As I share my last issue, I am honored to have been appointed to this 6-year term. Most of all, I treasure e-meeting many wonderful individuals who have the unique title of Accredited Visitor. I hope this six-year series of e-newsletters have been helpful to you. Thanks to one of our California members who asked that the PDF of the monthly newsletters be archived yearly. For the PDFs of "Visiting Vignettes", please go HERE.

I hope you continue to refer to "Visiting Vignettes" for information on our visiting program. Looking back over six years of publications has been a lesson in how much our visiting program has evolved. Our role as Accredited Visitors is extremely important to heart patients and their families. We are Mended Hearts and Mended Little Hearts' most important resource for inspiring hope in patients, parents and caregivers. If you are involved in the Accredited Visitors program know that you are part of the foundation upon which Mended Hearts was formed.

Accredited Visitors are themselves exceptional patients, parents and caregivers who show the value of giving back by giving of themselves again. As Mended Hearts visitors, each has the ability to help bring great meaning and change to the lives of the patients visited in the hospitals throughout the country. Inspiration and support are provided to each heart patient as the Accredited Visitor listens and shares important information and healthy living tips. The journey of a heart patient back to a full and fulfilling life does not need to be solitary. Much can be gained by talking with other heart patients and their caregivers. Many heart patients are just waiting to get back to their life but who need the confidence that they can again make a difference in their world. Mended Hearts Accredited Visitors continue to make a difference through patient visits, family visits, follow-up phone calls, follow-up emails and internet visits. We too have made long-lasting friendships with others who are now faced with this new diagnosis, heart disease.

Power of ONE: Each of us is but one person: limited, burdened with our own cares and responsibilities. We may feel there is so much to be done, and we have so little to give. We're usually short of everything, especially time and money. Thousands of people have heart events each year. When we do our visiting in our various hospitals, there will still be
Heartfelt Regards,

Dr. Fredonia B. Williams
National Visiting Chair
Southern Assistant Regional Director

thousands of heart patients and families somewhere who do not know that Mended Hearts is the largest peer-to-peer heart patient support network in the world. Maybe we can't change the whole world, but there isn't one of us who can't help change one person's world one at a time. Late President John F. Kennedy said "One person can make a difference and everyone should try". We can make a difference. Mended Hearts does make a difference. Thank you for trying.

Thank you for BEEing an Accredited Visitor and for giving from the heart. Serving as your National Visiting Chair for the past six years has been an honorable experience. To all of my e-newsletter friends, continue to communicate your suggestions and updates on your chapter programs. I learned over the years that some chapters may take the summer off from monthly meetings but not from visiting heart patients. Your dedication is important because heart disease doesn't take time off. Finally, thanks to the Mended Hearts staff for their technical support in preparing "Visiting Vignette" for its monthly distribution. A special thank you to Mandy Sandkuhler who edits and adds hyperlinks to information referenced in "Visiting Vignettes".

Support our mission to help others.

Heartfelt Regards,

Dr. Fredonia B. Williams
National Visiting Chair
Southern Assistant Regional Director

Future Questions/Topics
We want to hear from you!
Other challenging questions for this newsletter may be emailed to fredoniabw@att.net.