Mended Hearts, Inc.

Mission: “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.”

Mended Hearts is a national nonprofit organization offering the gift of hope and encouragement to heart patients, their families and caregivers for more than 60 years. Whether it be patients, spouses, family members, friends, or medical professionals, Mended Hearts brings together all of us who are faced with the realities of heart disease to form a network of caring individuals.

As a member of Mended Hearts, you can attend monthly meetings to share your experiences and/or learn from healthcare professionals speaking about life changing experiences you may face or already have faced. You may become a trained volunteer visiting heart patients while they are in the hospital, sharing your experiences as a heart patient, answering non-medical questions and empathizing with the anxiety and concern of these patients and their families. Also, with a Mended Hearts Individual through Lifetime Membership, you will receive the quarterly magazine, Heartbeat, which includes topics of interest such as health tips, research updates, success stories, news from other chapters, and more. Online (mendedhearts.org), will give you access to a “Members Only” section. Within this section, you can learn more about how Mended Hearts got started; communicate electronically with heart patients & members all over the world; have access to the Mended Hearts monthly newsletter; and many other special sites.

“IT’S GREAT TO BE ALIVE – AND TO HELP OTHERS!”
What Did I Miss?
Get the scoop from Anne:

**September 16 - Patient visits for August - 73**

The guest tonight was Keith Branch, a heart disease patient, survivor and motivational speaker. His discussion was on “Emotional Well Being During Heart Disease Events”.

Keith is in his early 50’s and has had 5 heart procedures in the past year. He even has a t-shirt he wears with his self-proclaimed title of “Stentman”.

In August, 2018 when he had his heart attack his widow maker was 98% blocked which resulted in quadruple by-pass surgery. Since then he has had stents and re-stents due to a failed by-pass graft.

He was a very interesting speaker with a positive outlook on life even though he has had all of his heart procedures in such a short period of time. He believes you don’t need to take life too seriously regardless of your situation.

Once a heart patient - a heart patient for life.

**October 21 - Patient visits for July - 46**

Our speaker was Lindsay Copper, OTAS (Occupational Therapy Assistant Student at Wake Tech).

Her topic was “Hearts Pumping About Occupational Therapy”.

She explained the role of an Occupational Therapist is to improve skills in self-care, increase strength and endurance, support lifestyle changes and help the patient to return to activities they engaged in prior to their cardiac event. She also discussed the difference between Occupational and Physical Therapy.

Some of the Occupational Therapy interventions are: Psychosocial and stress management such as breathing techniques and yoga - Energy Conservation which includes prioritizing activities - Use of adaptive equipment and tools such as a sock aid, a reacher, pillows, and cushions - Patient education such as handouts and resources in the community.

What Will We Talk About?

**December 16 - NO PLANNED MEETING**

**January 20, 2020 - “Am I dying?” - Dr. Christopher Kelly, NCHV -**
discusses his book and how he diagnoses his patients and decides what tests are needed

Visitors are always welcome to attend our meetings.

**NOTE:** If you have a subject you would like to learn more about or think others would be interested in, you can let Janice Schreck know at our meeting or by e-mail (jniceupc@embarqmail.com). Or, if you know someone that would be available to speak to us on an appropriate subject, Janice will consider them as a future speaker.

Happy Thanksgiving

“It’s great to be alive – and to help others!”
Looking Forward to 2020

As this year comes to an end, I look back and think of all the wonderful meetings we've had and am pleased. Yes, we've had great speakers with great topics, however, the meetings would be nothing without all of you who attend. Many have complimented us, as officers, for selecting great speakers and we appreciate that, but, the best compliment is you coming and inviting others.

We have increased our monthly attendance which was the goal that I challenged each of you to do in August. Please continue to reach out to others and tell them that UNC REX provides these support meetings free of charge and how informative they are.

As this year comes to an end, I also look forward to more great meetings! I already have speakers booked through April 2020 so continue showing your support by attending the meetings and bringing others with you! Janice

Healthy citizens are the greatest asset any country can have.

Winston Churchill

UNC REX Heart Healthy Cooking Demonstrations Are Now FREE

The heart healthy cooking demonstrations are continuing in the NC Heart and Vascular Hospital on the first floor in the Demonstration Kitchen. Registration is required.

You MUST REGISTER for the FREE cooking demonstrations.

(If you register and your plans change, please call to cancel.)

To check on the classes or to register visit www.rexhealth.com/cookingclasses

Questions? Contact Tara Freeman at (919) 784-2028

Eggs Get A Better Rep

Eating eggs was once thought to be as bad as smoking cigarettes. But a new study debunks that idea. A study published in the journal Heart, says eating a whole egg per day may actually lower your chance of developing cardiovascular disease. Researchers found a 26 percent decrease in the risk of hemorrhagic stroke, a 28 percent decrease in hemorrhagic stroke death, an 18 percent decrease in death resulting from cardiovascular disease, and a 12 percent decrease in ischemic heart disease.

Pagesmag.com Oct. 2019

“The secret of staying young is to live honestly, eat slowly, and lie about your age.”

Lucille Ball

“It’s great to be alive – and to help others!”
This Holiday Season, The Only Thing That Should Be “Stuffed” Is the Turkey!

You are invited to join the 13th annual Eat Smart, Move More, Maintain, don’t gain! Holiday Challenge. Rather than focusing on trying to lose weight, this FREE seven-week challenge provides you with strategies and resources to help maintain your weight throughout the holiday season.

All Holiday Challenge features will be sent directly to your email inbox when the program begins. Holiday Challenge features include the following:

- Weekly newsletters
- Daily tips
  - Survive a holiday party
  - Manage holiday stress
  - Stay active during the winter
- Weekly challenges
- Healthy holiday recipes
- Prizes and weekly winners
- Support through social media
  - Share progress in private Facebook Community
  - Recipes on Pinterest
  - Tips and updates on Twitter and Instagram

The 2019 Holiday Challenge: November 18 through December 31.

Registration does not close and you may sign-up at any time.
Sign up at esmmweighless.com/holidaychallenge

“I look to the future because that is where I’m going to spend the rest of my life.”

George Burns

November is Diabetes Awareness Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the National Heart, Lung, and Blood Institute (NHLBI) this year’s focus is on the link between diabetes and cardiovascular disease.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

November is Diabetes Awareness Month

“It’s great to be alive – and to help others!”
“Finding a Cure Starts with Awareness”

No Butter for a Burn

Minor burns are not helped by applying toothpaste or any kind of butter. These remedies actually trap heat in the burn. Instead, use cool water - not, ice - to cool off the area. Run cool water over the burn for several minutes.

Health Screening Men Should Discuss with Their Physicians

No two men have the same medical histories, which makes it necessary for men of all ages to schedule an annual physical exam with their physician. The following are some general screening tests and guidelines recommended for all men between the ages of 40 and 64, courtesy of the U.S. National Library of Medicine (USNLM).

1. Most men age 50 or older should discuss screening for prostate cancer with their physician. The pros and cons of this test should be discussed with the patient.
2. If you are between the ages of 50 and 75, you should be screened for colorectal cancer. With a family history of colon cancer or polyps, your physician may recommend an earlier screening.
3. The USNLM advises men to have their cholesterol levels checked every five years. However, men with certain conditions, such as diabetes and heart disease, may need to be checked more often.
4. It is recommended for men age 45 or older to be screened for diabetes every three years. Of course, if you have diabetes, you should be screened more often to keep your blood sugar under control.
5. Don’t think being a male will exempt you from osteoporosis. You’re not. Although women are more likely to develop osteoporosis (a weakening of the bones due to tissue loss), men can, under certain conditions, develop the disease.

Senior Living - September, 2019

Merry Christmas
And
Happy New Year!

We wish you and yours a joyous holiday season.

Janice. Anne,
Linda, Carolyn, and
the Mended Hearts Visitors

“It’s great to be alive – and to help others!”
MENDED HEARTS
LEARN MORE
GOTO GUIDES AVAILABLE

Mended Hearts has a collection of online educational resources called GoToGuides.

These interactive guides provide comprehensive information, patient tools, videos and quizzes on specific heart conditions.

The following GoToGuides are available:

❤ Chronic Heart Failure
❤ Complicated AFib
❤ Heart Attacks
❤ High Cholesterol and FH
❤ Depression and Your Heart
❤ Valve Disease

Also, online is the
HeartGuide
The Journey to a Healthy Heart Starts Here

Educational Guides Are Available at:
www.mendedhearts.org/education

“It’s great to be alive – and to help others!”
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE __________________________

Name (Mr. /Mrs./Ms.) ________________________________________________________________

Address ____________________________________________________________________________

City / ST / Zip ________________________________________________________________

Email address ______________________________________________________________________

(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 join online communities
* Can access Member Portal
* Receives the National e-newsletter

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

☐ Bronze Member --- $45 annual donation per person
* All of the benefits of a Full Individual Member, PLUS
* Membership Pin
* Choice of ___ Drawstring 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 of the benefits of a Bronze Member, PLUS
* A Stainless-Steel Mended Hearts Travel Mug

☐ Gold Member --- $250 annual donation per person
* All of the benefits of a Silver Member, PLUS
* A Red Fleece 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 of the benefits of a Gold member FOR LIFE, PLUS
* 15% off registration fees at National MH/MLH Conferences / Symposia
* 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 purchase from the MH store. Use only one coupon per order.

☐ Bronze Family Membership --- $75 annual donation
* All of the benefits of a Family Membership, PLUS
* One Membership Pin per member
* Choice of ___ Drawstring 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 1-888-432-7899 (1-888-HEART99)

“IT'S GREAT TO BE ALIVE – AND TO HELP OTHERS!”