From the president...

Difficult to believe that we are in the beginning of another season and COVID-19 continues to be our main concern. This is the time of the year that’s great for an appreciation of the beautiful fall colors and the hint of autumn in the air, school buses and kids playing outside and those long walks early in the morning or late in the evening. If there’s one positive of the pandemic and staying fit, it has been my early morning walks just to breathe fresh air and stay in touch. Never did I think of my Apple watch as a motivator but each evening I find myself checking to see if I’ve stood and moved at least once each hour, if I completed 10,000 steps and 30 minutes of exercise. And I DID IT.

All of us know that staying physically fit has seemingly endless benefits. In addition to helping prevent heart disease, exercise is known to reduce stress and improve sleep, energy level, mood and even brain functioning. For people with heart disease, exercise can keep symptoms in check and prevent problems from getting worse.

Beginning September 29th which is World Heart Day, join me on a virtual walk with Mended Hearts to show support in a time when it is most needed. Details are on page 2 of this newsletter. If you have questions about how you can show support, email me.

Upcoming Events

- September Wellness Check phone calls to members
- Chapter 260 celebrates 26 year of offering support to Huntsville heart patients
- World of Support begins
- October 15th virtual meeting—Dr. Paul Tabereaux
- November Wellness Check phone calls to members
- December virtual meeting "Home for the Holidays"

Dr. Fredonia B. Williams, Chapter 260 Interim President
World of Support is Back
Register - Donate - Join a Team - Start a Team
For a world that needs support now more than ever

About the Campaign

How do you create a World of Support?

World of Support is a Virtual Walk (all types of physical activity included) where you pick a distance goal of 5K, 10K, 13.1 miles or 26.2 miles and complete this distance any way and anywhere you would like, whether it be walking, running, biking, dancing, swimming or more! You can also participate by donating to a team or to the World of Support fundraiser.

World of Support begins on World Heart Day, September 29th, and ends on October 29th, so you have an entire month to complete your chosen distance. We encourage you to challenge yourself so that you can be active and stay healthy this Fall. Each participant will get a red awareness wristband for participating.

There are many ways you can complete your miles - whether it's climbing stairs, vacuuming, walking the dog, lifting weights or more - almost anyone can join in this campaign.

Here are some important things to remember about the virtual run.

- The event begins **September 29th, World Heart Day**—runs through **October 29th**.
- People can choose their distance (5K, 10K, 13.1 or 26.2 miles) OR you can make a donation. 50% of any amount raised is funded to our local chapter.
- Adults are $20 to participate in the virtual run. All participants in the virtual run will receive a red awareness bracelet.

When people choose a distance goal upon registration, we will calculate how far we have traveled together with a goal of walking around the world. We will keep you updated on our Facebook event about how far we have gotten.

On World Heart Day and the launch of World of Support on September 29th, we are asking each person to help us create a World of Support by sending a message of support to two people in their lives. Let’s spread hope and support as far and wide as we can to a world that needs support now more than ever.

Click the link for joining the team or registering to do your virtual walk. You may choose either option. Remember 50% is returned to our chapter.

[https://give.classy.org/worldofsupport2020](https://give.classy.org/worldofsupport2020)
Mended Hearts - Who Are We?

We are the largest cardiovascular peer-to-peer support network in the world. For more than 60 years, Mended Hearts has been offering the gift of hope and encouragement to heart patients, their families and caregivers.

The Huntsville Chapter is a local chapter established September 1994 and is dedicated to supporting cardiac patients and their families through a partnership with Huntsville Hospital. Our members are heart procedure survivors and their caregivers, making us uniquely qualified to bring messages of understanding and hope to people with heart disease and their families.

- We have members who have experienced one or more cardiac events.
- We are young, old and all ages in between.
- We listen, we confide, we share our life experiences. We would like to help you deal with your heart disease.
- We do not offer any type of medical opinion or advice, just shared experiences.

Before COVID-19, our chapter met the third Thursday of each month at the Dowdle Center on the corner of Governors Drive and Gallatin Street.

Currently, all in-person meetings are dis-continued until the pandemic improves and MHI and Huntsville gives the OK to return to both our hospital visits and monthly support group meetings.

Our chapter is continuing to support heart patients and their families in 2 ways, alternating between a wellness check phone call and the virtual support meeting. If you have not received a “wellness check” phone call from a member, it may be that your number has changed or no one answered at the number on file.

Our second method of communication is now a zoom virtual meeting with the next zoom meeting scheduled for October 15th with Dr. Paul Tabereaux, Cardiologist, Huntsville Heart Center as our speaker. His topic will focus on COVID 19 and the importance of patients taking care of other health issues. If you have considered delaying a yearly check up (mammogram, colonoscopy, echo, stress test etc.), you want to hear Dr. Tabereaux explain why this is not advisable. Our speakers for future meetings will include physicians, surgeons, nurses, chapter members, and many others who cover a wide range of subjects.
September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

What's the right age for a first cholesterol test? By age 20 and beyond, all adults should know what their cholesterol levels are. That's the age recommended by the National Cholesterol Education Program. Cholesterol is a fat-like substance found in all body cells. The body uses it for cell and tissue formation, but too much cholesterol is linked with increased risk of heart attack and stroke. Cardiologists say everyone should know their cholesterol readings by at least age 20. If the reading is high, life-style changes may be required to stop progression. There is overwhelming evidence that coronary heart disease can be prevented with aggressive reduction of cholesterol levels, cessation of smoking, and controlling weight and diabetes. Early testing gives physicians the chance to follow patients and monitor cholesterol levels.

**Cholesterol-cutting tips**

Cutting fat is essential. * Eat frozen yogurt or low-fat ice cream or sherbet instead of ice cream. * Broil, poach, grill, or bake meat and fish. * Snack on apples and pears. * Trim the fat from meat before cooking. * Include in your diet salmon, mackerel and herring to increase Omega 3 fatty acids. * Whey protein, found in dairy products, can be added as a supplement to lower LDL cholesterol and total cholesterol.

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**agree or disagree**

Do you agree or disagree with these relationship statements?

1 "There are people I can depend on to help me if I really need it."

2 "I have close relationships that provide me with a sense of emotional security and well-being."

3 "There is a trustworthy person I could turn to for advice if I were having problems."

4 "There are people who enjoy the same social activities I do."

According to a January 2020 study by Cigna, the more statements you disagree with, the lonelier you are. People age 65 or over were among the 77 percent of respondents who were mostly likely to say they had a sense of emotional security and well-being.

Another finding in the Cigna report, "Boomers (and older) are most likely to feel there are sometimes/always people they can talk to, turn to and who really understand them. On the other hand, more than seven in 10 Gen Z respondents (73 percent) sometimes or always feel alone, shy (72 percent) or that no one really understands them well (71 percent)."

For older generations that are still employed, a similar pattern emerges regarding workplace sentiments: Baby Boomers are less isolated and more fulfilled by their work than Gen Z and Millennial respondents.
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.

**September Birthdays**

- Robert Allen
- Randy Boyette
- Rebecca Grimes
- Beth Magie
- P. Dean Olive
- Edwin Rudolph
- Jill Schroeder
- Marion Terry
- Ruth Wright

**September Mendiversaries**

- Robert Jones
- Emma Mamo
- Bob McCall
- Donald McElvea
- William McMillan
- Barbara Morris

**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

**Cardiac Rehab**

Cardiac Rehab, located at the Heart Center, 930 Franklin Street re-opened September 15th. Center was closed due to COVID-19.

**Download the ZOOM app and be ready for our Oct. 15th virtual meeting with Dr. Tabereaux.**

**Time:** 5:00

Zoom invitation will be emailed in October.

**Did you hear about the guy who painted the church with watered down paint? He heard a voice that said "Repaint and thin no more."**

Mom: "What's the matter, dear, trouble at school?"

Daughter: "Yes, my driver's ed teacher yelled at me."

Mom: "What did he say?"

Daughter: "Stay on the road! Stay on the road!"
Membership in Mended Hearts and Mended Little Hearts now is about how you can help improve the lives of heart patients and their families, beginning with your own. We are now offering a free membership level. This was created so that money will not be a barrier to engaging with Mended Hearts and Mended Little Hearts and receiving access to resources and information.

When you join at this level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts and Mended Little Hearts provide. Finally, you join the nation’s largest cardiovascular disease peer-to-peer support network and help us support even more people. Mended Hearts and Mended Little Hearts provide educational programs, peer-to-peer support programs, heart disease awareness campaigns, and we advocate for heart patients big and small every opportunity we can. We need your support to do this. To join Mended Hearts or Mended Little Hearts or renew your membership is easy and can be done online or through the mail.

To renew over the phone, please call 888-432-7899 Monday through Friday, 8 a.m. to 4 p.m. ET. To renew through the mail, print off and fill out the membership form found in this newsletter. It can be mailed to the address for the Mended Hearts Resource Center found on the form.

We have a variety of levels of membership for both individuals and families. Please review the attached membership for the membership levels. We appreciate the response from last month’s request for joining and/or renewing your membership, so we are including the information in the rest of the 2020 newsletter issues. We really would like to see an increase in both our local chapter as well as the national chapter. An increase in membership is an increase in the number of individuals made aware of the benefits of being involved with Mended Hearts.

Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.

- Mended Hearts is the largest peer-to-peer heart patient support network in the world
- Mended Hearts has been offering hope and support for 69 years, providing more than 230,000 visits each year
- Mended Hearts provides education, support and hope to all types of heart patients and their families
- Mended Hearts and Mended Little Hearts has 265 chapters in North America, serving 460+ hospitals

*Please note, our chapter has a local dues of $10 per member. Please pay those directly to the chapter and mail to: MH 260, P O Box 18912, Huntsville, AL  35804-8912*
If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # 260
Annual Chapter Dues $10.00

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)