From the president…

Who will you Go Red for in February? I’m going RED for all of the women like me who are heart disease “thrivers”.

February is Heart Month. Heart disease is women’s No. 1 killer. The American Heart Association’s Go Red For Women movement empowers women by raising awareness and helping them make healthy lifestyle changes. Heart disease is still the No. 1 killer of women age 20 and over, killing approximately one woman every minute.

More women die of cardiovascular disease than the next four causes of death combined, including all forms of cancer. In fact, while 1 in 30 American women die of breast cancer, about 1 in 3 die of cardiovascular disease. Yet, only 1 in 5 women believe that heart disease is her greatest health threat.

This month is also a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

Chapter 260 Officer 2021 elections

Thanks to immediate president Marion Terry who agreed to chair the nominating committee. Officers are nominated and elected from the active membership to serve for two years. The Executive Board operates under the guidelines of Mended Hearts Inc. and our Chapter by-laws. Officer positions are President, Vice President, Secretary and Treasurer. When called, please consider serving in one of these positions. For more information, contact me at 256.837.7354. Officer elections take place in April with installation in May.
Your heart is a pump. It moves blood and oxygen-rich nutrients through your body. If you have heart failure, your heart isn’t pumping as well as it should. As a result, fluid can build up in the body—most often in the legs and lungs.

Your heart also isn’t able to push enough blood to meet your body’s needs for blood and oxygen. It’s no wonder then that if you have heart failure, you may tire more easily and feel short of breath.

What causes heart failure?

The most common causes of heart failure include high blood pressure, heart attack and coronary artery disease. But other conditions and factors can lead to heart failure as well.

Many people who have heart failure will have:

- Shortness of breath (even when doing simple tasks like dressing or walking a flight of stairs)
- Swelling in the ankles, feet, legs, abdomen, or veins in the neck
- Extreme tiredness (fatigue)
- Feelings of weakness
- Rapid or irregular heartbeat
- Fast weight gain, or rapid fluctuations in weight
- Pressure or heaviness in the chest when lying flat

5 Tips for Living With Heart Failure

Heart failure is a lifelong (chronic) medical condition that can cause symptoms such as shortness of breath, extreme fatigue, coughing and swelling in the legs. A few simple lifestyle habits can really go a long way in helping to manage this condition. These basic tips — combined with medications and medical procedures recommended by your health care professional — can help you stay well and out of the hospital.

1. Know your symptoms.
2. Call your health care professional when you start to feel worse or your weight goes up.
3. Take your medications without missing doses.
4. Limit your salt and fluid intake.
5. Log your weight every day.

- Patient Resources

All HFSA patient resources are located on their website www.hfsa.org.
In honor of Valentine’s Day, find words that rhyme with heart to complete each sentence of the poem.

(Some words may be used more than once.)

We were about to ______
In my trusty Dodge _____
To go look at some _____
At a cultural _____,
But our plans were _____,
‘Cause my car wouldn't _____.
And my trusty friend _____,
Who is really so ____,
Though his nose has a _____,
Said it needed a ____.
And so to _____
We hitched a horse to a ____.
And with the aid of a _____,
We located the _____
And looked at the _____
And you know the best _____
Was a card with a _____
For my dearest _____!

Answers: depart, Dart, art, mart, athwart, start, Bart, smart, wart, part, depart, cart, chart, mart, art, part, heart, sweetheart.

Healthy Super Bowl munchies

The Big Game on Feb. 7 demands big food, and it can be healthy.

Nachos are big during football. Try substituting black bean salad with beans, corn, onions, and cucumbers. It can be served with chips.

Try turkey made with chili instead of ground beef. It’s tasty and filling but not full of fat.

Chicken wings. Who doesn’t like these? With no breading, you can serve them up with your favorite sauces from spicy to sweet (but not too much sugar, please.)

Veggie plates and dip. Cucumbers, carrots, and peppers can all be sliced and arranged into a colorful display perfect for dipping. Add optional sauces from spicy to tangy.

Cold weather and the impact on your heart

Whether you live in a frigid climate or not, cold weather can affect your heart. According to the American Heart Association, cold weather and other seasonal factors can raise the risk of heart attacks and more.

Studies show that cardiac deaths begin to climb around Thanksgiving, peak early in the year, then decrease as warmer weather returns. According to a 2015 study by Dr. Robert A. Kloner of the Huntington Medical Research Institute, every one degree Celsius drop in temperature (1.8 degrees Fahrenheit) corresponded to a 0.49 percent increase in deaths from all causes.

Kloner said many factors are at work. The cold makes arteries constrict, which can decrease blood flow and the delivery of oxygen; it also tends to increase the formation of blood clots. Winter is also flu season, and studies have shown an increase in heart attacks shortly after people get the flu.
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.

**December Birthdays**
- James Carter
- Emma Mamo
- Jan Petersen

**February Birthdays**
- Karen Cloe
- Angela Griffin
- Bob McCall
- Maureen Nix
- Barbara Turner

**December Mendiversaries**
- Eddie Landers
- Harriett Littlepage
- Arthur Nunes
- Pete Petersen

**February Mendiversaries**
- Steve Burcham
- Logan Cox
- Patricia Doty
- Helen Drake
- Rebecca Grimes
- Bill Oliver
- Jill Schroeder

Mended Hearts Mission Statement: “To inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education, and advocacy.”

Mended Hearts

Vision Statement: “To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by Heart Disease across the life span.”

About 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.”

**CHUCKLE FOR TODAY:**
A lady who was speeding had an officer pull her to the side of the road. She didn't have her seat belt on so as soon as she stopped, she quickly slipped it on before the officer got to her window.

After talking to her about speeding, the officer said, "I see you are wearing your seat belt. Do you believe in wearing it at all times?" "Yes, I do, officer," she replied. "Well," asked the officer, "do you always do it up with it looped through your steering wheel?"
Is It Time to Renew Your Mended Hearts Membership or join us???
National dues $20 and no local dues

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 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

*It’s great to be alive and to help others.*

*Please note, as of January 1, 2021, no local dues for chapters. For more information, call me at 256.837.7354.*
Effective January 1, 2021, the Resource Center will process all new memberships (all levels) and all membership renewals.

All chapters will be reimbursed 25% of all paid national dues or renewals of dues.

MEMBERSHIP FORM

NEW MENDED HEARTS  NEW MENDED LITTLE HEARTS  RENEWAL  DATE _______________________

Name (Mr. /Mrs. /Ms.) ___________________________ Chapter / Group _______ Member-at-large ______

Address ____________________________________________________________________________ Phone __________________________

City / ST / Zip ___________________________ I want to be a MH support volunteer: Yes ☐ No ☐

Email address ___________________________ 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 join online communities
* Can access Member Portal
* Receives 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 the benefits of an 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 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 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 the benefits of a Gold member FOR LIFE, PLUS
  * 15% off registration fees at National MH/MLH Conferences / 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 purchase from the MH store. Use only one coupon per order.

☐ Bronze Family Membership --- $75 annual donation
* All the benefits of a Family Membership, PLUS
  * 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 ___

Note: National memberships are tax-deductible less $10. Lifetime sponsorships are 100% tax-deductible.

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)