Welcome to our May 2022 newsletter.

I would like to thank all you Moms out there reading this newsletter for all of your love and time you have given to raising your children. Now that warm weather is here I hope that you are able to be out enjoying it.

I want to take this opportunity to remind you of the Mended Hearts website (www.mendedhearts.org). It has lots of information which is valuable to heart patients and their caregivers. May is Mental Health Awareness Month and MHI is sponsoring several webinar sessions relating to mental health and heart disease. You can go to the website and register for these webinars.

Our meeting for this month is on May 19 and our speaker is Dr. Adrienne Ward on “Heart Disease and Mental Health”. The link for this meeting is located elsewhere in this newsletter. I am looking forward to seeing you at the meeting.

We still could use more volunteers in our Accredited Visitor Program. Accredited Visitors are Mended Hearts members who have recovered from their surgery, procedure or heart event and have taken the Mended Hearts Visitor Accreditation training and are a Huntsville Hospital volunteer. Accredited Visitors may also be members who do not have heart disease but were caregivers of a heart patient. They must visit with an Accredited Visitor who has been a heart patient. Give me a call at 870.816.0462 if you are interested in giving back. It’s great to be alive and to help others.

The pillow program is holding up but we will soon have to make arrangements to get more supplies. Thanks to everyone who has made donations to the program. You may still send donations to: MH 260, P O Box 18912, Huntsville AL 35804-8912.

Lindell Smith, Chapter President
May is Mental Health Awareness Month

Did you know that many people who have had a heart attack or heart surgery experience grief, anger, anxiety and sometimes depression?

The Mended Hearts, Inc. recognized the need to address these issues and is happy to announce the development of the Mental Health and Cardiovascular Disease educational program. Throughout May, MH is hosting a 4-part webinar series that focuses on 4 different mental health topics in relation to cardiovascular disease and life after a heart event. For more information, go to mendedhearts.org.

Our speaker for the Thursday, April 21, 2022 Chapter 260 monthly support group meeting is Dr. Adrienne Ward. Dr. Ward is a Licensed Independent Clinical Social Worker with over 10 years in the mental health arena. Currently, she is employed at Clearview Cancer Institute providing psychosocial support and end of life counseling services to terminal patients. Dr. Ward holds a doctoral degree and was recently licensed as a Private Independent Practitioner (PIP). In 2021, she founded Life Conversations Counseling LLC.

Self-care in the days of COVID

The Calgon commercials of years past - the harried Mom imagining a warm tub filled with bubbles, pleading, "Calgon, take me away!" - were an effective marketing tool. Today the popular term is "self care," with a definition that varies widely. Its goal is to find time for oneself in an increasingly hectic world. This can be challenging enough, but when that world suddenly includes masking, quarantines and social distancing what's a person to do?

- Limit your news and social media intake. There's a balance between being informed and becoming over-saturated. Too much news about things you can't control becomes a negative for your mental health.
- Maintain a routine. This doesn't mean you schedule your day with military precision, but a routine helps us feel a sense of control.
- Get outside. Whether it's a long-distance run or a short walk up the street, fresh air and sunshine are key.

Fight Stress with Healthy Habits

- Slow down—Plan ahead and allow enough time to get the most important things done without rushing.
- Let worry go-The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
- Laugh it up-Laughter makes us feel good. Don’t be afraid to laugh out loud, even when you’re alone.
- Be active every day-Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
Your Attitude is the Key to Your Success

I woke up early today excited about all the many things I would do before the clock strikes midnight.

I have many responsibilities to fulfill today. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered free.

Today I can feel sad that I don’t have money in my pocket or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am still alive.

Today I can lament over all that my parents didn’t give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to do.

Today stretches ahead of me waiting to be shaped, and here I am the sculptor who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have.

Active and Mindful Living

Physical activity and stress reduction can help prevent or manage heart disease.

Why you should get moving…

- **Supports** a stronger heart
- **Improves** circulation
- **Lifts** mood and self-esteem
- **Lowers** blood cholesterol, pressure and sugar
- **Helps** manage weight
- **Reduces** stress
- **Decreases** the need for medications in some cases

How you can **REDUCE STRESS**

- **Breathing** exercises
- **Meditation**
- Progressive Muscle **Relaxation**
- **Soothing** music
- **Yoga**

For more information, visit [CardioSmart.org/Healthy Living](http://CardioSmart.org/Healthy Living)
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

Hope you’re feeling better!

Barbara Morris
Donnette Smith

May 30, 2022 Remembering the service of the fallen.

On Memorial Day, we take time to honor the ultimate sacrifice made by those who fought for our country. Many of those who died in the service of our country are known to us personally. They were sons, fathers, uncles, aunts, or cousins, or they were friends. Many of their names are on tombstones in our own country and in cemeteries across the globe.

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.”

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

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.”

This coming June we’ll be opening registration for our June 2023 International Conference in Albany, GA. In addition to hosting excellent speakers, we’ll also be offering registration, food, and drink at an amazingly low cost of $100. Save the date now for June 23-28.
Renew Your Mended Hearts membership or join us
National dues individual $20; family $40
No local dues as chapter receives 25% of national dues paid

During the past years of Covid, our chapter has not mailed newsletters with membership forms because the hospital volunteer office prints and mails our newsletters and it has been closed. We are happy that they will resume printing our newsletters within a few months. But so many of our members have not renewed their membership. We need you to please renew your membership. Our chapter no longer has a local dues, so our only income is from 2 sources: (1) members join and the chapter receives 25%; (2) donations. To join Mended 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.

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

In addition to providing for the national programs, this chapter would like to resume its red pillows to the patients. But our chapter does not have the funds needed to purchase materials for pillow making without donations. We have members who have volunteered to make the pillows but we need materials. We need your help.

Donations may be mailed to:

Mended Hearts 260, P O Box 18912, Huntsville AL  35804-8912

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