

MH Events:

MH Indianapolis: Chapter meeting and dinner 01/04/18 5:30 p.m.
Contact Kirk at
kbmangold@live.com

MH Stockton: Chapter meeting 01/04/18 7 p.m. Contact Joe at jbarresi@pacbell.net

MH Oakland: Chapter meeting 01/11/18 9:30-11 a.m.
Contact Kathleen at
Kathleen@kathleenschultzmarketing.com

MH Rancho Mirage: Chapter meeting 01/11/18 6-8 p.m.
Contact Bill at
bstarkdest@verizon.net

MH Bellefontaine: Chapter meeting 01/11/18 6 p.m. Contact Robert at
bjdetrick@embarqmail.com

MH South Ft. Myers: Chapter meeting 01/17/18 6:30 p.m.
Contact Ray at
ray@ochester.com

MH Noblesville: Chapter meeting 01/17/18 12 p.m. Contact Warren at
jrwem5@frontier.com

MH Hartford: Chapter meeting 01/11/18 7 p.m. Contact Walter at
walterkovaciny@cox.net

MH Albany, GA: Chapter meeting 01/22/18 at 7 p.m. Contact Al at
arvoss@aol.com

MLH Events:

MLH of Washington: Meeting - The Cardiac Neurodevelopmental Connection 01/19/18 10-11:30 a.m. Contact Maryann at mlhwasdnc@gmail.com

MLH of Philadelphia: Annual Toy Drive. Toys must be purchased off of Amazon Wish list & shipped to the wish list registry address. Toys are distributed to cardiac patients at CHOP and St Chris. Contact Julia at mlhphilly@gmail.com

MLH of Southwest PA: Annual Toy Drive. Click [HERE](#) for more info.

MLH of Coastal VA: Sept through Dec will be doing 50/50 raffle at AMF Lynnhaven Bowling Alley. Contact Crystal at mlhcoastalva@gmail.com



Mended Hearts™

mended hearts™ little

National Heart News - December 2017

It's not too late for a year-end gift!

Please consider a gift to Mended Hearts and Mended *Little* Hearts with a tax-deductible donation during this holiday season. Your gift will help many heart patients and their families with needed peer support and education. Every dollar makes a difference in reaching and connecting

thousands of heart patients and their families together in local communities.



Thank you for your passion, generosity and service throughout the year to our organization. You may donate online, call 1-888-HEART99 (1-888-432-7899) or mail a check:

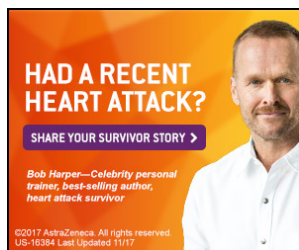
MENDED HEARTS/MENDED *LITTLE* HEARTS
8150 N. CENTRAL EXPWY STE M2248
DALLAS, TX 75206
[DONATE HERE](#)

We will send you documentation of your generous contribution for your tax records. Thank you!

Celebrating Survivors

Having the chance to celebrate a second chance at life is often a sentiment we hear from members after a heart event, procedure or surgery. If you have experienced a heart attack, you now have the opportunity to share your story in a newly-launched essay contest that focuses on survivorship after a heart attack.

Click [HERE](#) to find out more about this essay contest or go to the Mended Hearts home web page.



Bob Harper, celebrity personal trainer, author and heart attack survivor, has teamed up with one of our corporate partners, AstraZeneca, to help people like him who have experienced a heart attack share their stories through an essay contest, to educate and inspire others. Those who have had a heart attack in the past three years may submit an essay of **500 words or less** about their experience and recovery.

Please consider the questions provided in the contest criteria (see the URL above) to guide you in writing your story. Five stories from heart attack survivors will be chosen; those selected, along with a caregiver of his/her choice, will travel to New York City in February to be inducted into a heart attack survivor's network. Essays must be submitted by **January 15th** and must not mention any specific medication or company name.

This essay contest is the kick-off of Mended Hearts' year-long heart attack awareness and educational program, including an educational session at the national conference in San Antonio. Celebrate survivorship throughout the year in your regular meetings and social gatherings.

Roar 'N Run 2018 Virtual Charity Race

The 4th Roar 'N Run 2018 is now open for registrations! The Roar 'N Run is Mended *Little* Hearts virtual charity race. Participants can pick a distance (5K, 10K, 13.1 miles or 26.2 miles) and walk, jog or run during CHD Awareness Week, February 71-14, to complete their distance.



ALL participants receive a lovely commemorative medal and a certificate of completion. Registration is \$25 for adults and \$15 for children up to age 13. This year, \$2 from every adult registration will go to *I Run 4* to help support runners everywhere who run for kids who can't run.

Participants can form teams and fundraise. Fundraising prizes are:

- \$100-Lion Drawstring Backpack
- \$500--Stainless yeti-style mug
- \$1000-MLH fleece blanket

All proceeds from this event will go to Mended *Little* Hearts' Bravery Bag Program for families in the hospital. Click [HERE](#) to register.

Mended *Little* Hearts 2018 #RockYourScar Photo Contest



CHD warriors of ALL ages, show us how you embrace your CHD! The Rock Your Scar 2018 photo contest and national CHD Awareness campaign starts on January 2, 2018 and ends on January 30, 2018. A scar is not required, but being a person who has congenital heart disease is.

Please **only submit one photo, do not write on your photo** and/or use a filter, and **make sure any professional photos credit the photographer appropriately**. Photos are judged for creativity, quality, and demonstration of the theme of embracing your CHD. While EVERYONE is a real winner, we will be selecting winners for each age category who will be announced during CHD Awareness Week, February 7-14. All winners will receive a gift card and other fun prizes.

MLH Philadelphia Region/Philadelphia Eagles

We are thrilled to announce that the Philadelphia Eagles have designated Mended *Little* Hearts Philadelphia Region a Community Red Zone Partner



for making a difference in the "red zone" in Philadelphia and the surrounding community. The group will be recognized at the Sunday December 31st game vs the Dallas Cowboys. If you are attending the game, please stop by and visit the group's table in the main concourse prior to the game and say hello! Thank you to our friends at the Philadelphia Eagles!

Medication News

Important news regarding certain heart disease medications: Earlier this month letters were sent to some heart disease patients and providers from Aetna indicating that XARELTO® would not be a Preferred Brand in 2018. *(A preferred brand-name drug is one that is listed on an insurance plan's formulary or preferred list of prescription drugs. Such drugs may cost plan participants less than non-preferred brands.)*

This decision has been reversed, thus both XARELTO® and Eliquis® will be in a Preferred Brand position across all of Aetna's Part D formularies. Mended Hearts has confirmed that Aetna will list both XARELTO® and Eliquis® as Preferred Brands on the Aetna & Coventry First Health Medicare 2018 Formularies. We are aware that there has been some confusion about this, thus we are clarifying this issue via today's communication.

The Aetna Medicare online formulary will be updated shortly to reflect the 2018 formulary changes. *(Note that Mended Hearts does not endorse any specific product, but rather provides this information to dispel any confusion that patients or providers may have.)* Please talk with your health care provider if you have any additional questions or need clarification for your prescription.

MLH 2017 Accomplishments

As we head into the holiday season and the end of 2017, we wanted to take this time to thank the many leaders and volunteers of Mended *Little* Hearts for all they have done this past year. Because of them, the Mended *Little* Hearts program not only continued to provide its very important services to families and hospitals, but we expanded and thrived. For a list of the amazing things **you** have accomplished this year, please click [HERE](#)

Mark Your Calendars for San Antonio National Conference

Save the date of July 14-18, 2018 for Mended Hearts/Mended *Little*Hearts National Education & Training Conference at Hyatt Regency Riverwalk, San Antonio, Texas.



Many activities are just outside our Hyatt River Walk hotel. Visit The Alamo (300-year-old mission), and stroll down the River Walk (an

unusual urban sanctuary that winds along the San Antonio river, one story below the bustling street level). Restaurants, galleries and shops line the banks of the river. Take a river cruise and navigate the lock and dam. Explore the rich culture of San Antonio in the many plazas of the Market Square.

Please look for more details in the coming months.

Southern Region's cluster meeting - Sat., Jan 20 - Kissimmee, Florida

Learn more about TAVR (Transcatheter Aortic Valve Replacement), PAD (Peripheral Artery Disease), Heart Healthy Lifestyles and other roundtable topics' best practices at the Southern region cluster meeting at Osceola Regional Medical Center, Kissimmee.

Spend the day (9 am - 4 pm) with fellow chapter members, heart patients and caregivers to learn more about Mended Hearts and the latest heart therapies from medical professionals.

Connect with Ed Wainwright (ed_wainwright@hotmail.com) or Marvin Keyser (marvk01@gmail.com) for more information.

www.mendedhearts.org
www.mendedlittlehearts.org
info@mendedhearts.org



Mended Hearts/Mended Little Hearts, 8150 N. Central Expwy., M2248, Dallas, TX 75206

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12/27/2017

National Heart News - December 2017

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