

MH Events:

For chapter contact information, please reach out to Brad at Brad.Totty@mendedhearts.org.

MH Indianapolis: Chapter meeting & dinner 02/02/18 at 5:30. p.m.

MH of Oakland, CA: Chapter meeting 02/03/2018 9:30 to 11 a.m.

MH of Annandale, CA: Chapter meeting 02/03/2018 at 11 a.m.

MH Coachella Valley, CA: Chapter meeting 02/08/2018 6 to 8 p.m.

MH Bellefontain, OH: Chapter meeting 02/08/2018 at 6 p.m.

MH Vero Beach, FL: Chapter meeting 02/10/18 at 3 p.m.

MH San Diego, CA: Chapter meeting 02/10/2018 9 to 11 a.m.

MH Newark, NJ: Chapter meeting 02/12/2018 at 11:30 a.m.

MH Bellefontaine, OH: Chapter meeting 02/15/2018 at 11:30 a.m.

MH Huntsville, AL: Chapter meeting 02/16/2018. Time unknown.

MH Hartford, CT: Chapter meeting 02/21/2018 at 7 p.m.

MH Noblesville, IN: Chapter meeting 02/21/2018 at 12 p.m.

MH Lynchburg, TN: Chapter meeting 02/22/2018 1 to 3 p.m.

MH Morristown, NJ: Chapter meeting 02/22/2018 at 1:30 p.m.

MLH Events:

MLH Washington, DC: Heartbreaker Bingo Fundraiser 01/28/2018 from 3 to 6 p.m. Email [HERE](#) for more info.

MLH of Montana: Fundraiser at Chipotle 02/02/2018 4 to 8 p.m. More info [HERE](#)

MLH Long Island: Bowling for CHD 02/04/2018 from 2 to 4 p.m. More info [HERE](#)

MLH San Antonio: Valentines Day Party 02/06/2018. Email [HERE](#) for



National Heart News - January 2018

Help Us Get Bravery Bags to Families with Children in Hospital--Roar 'N Run 2018

You can help Mended *Little* Hearts get Bravery Bags to families with children in the hospital AND do something good for your heart at the same time. Register for our 4th Roar 'N Run 2018 today and ask your friends to join you!



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 7-14, 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.

[REGISTER HERE](#)

Mended *Little* Hearts 2018 #RockYourScar Photo Contest

more info.

MLH Fresno: Make Your Own Glass Heart Event 02/08/2018 at 6 p.m.
More info [HERE](#)

MLH of Montana: V-Day Bast 02/10/2018 at 3:30 p.m. More info [HERE](#)

MLH of Charlottesville: Paint for a Cause 02/10/2018 12 - 2 :15 p.m.
More info [HERE](#)

MLH of Little Rock: Lighting of downtown bridges in honor of CHD Week 02/10/2018

MLH of San Diego: Booth at Camp del Corazon's Happy Heart Festival 02/10/2018

MLH of Utica/Mohawk Valley: Family Story time celebrating CHD Week. Contact Kim for more info [HERE](#)

MLH of Charlottesville: Remember Our Hearts Ceremony 02/11/2018 from 2 to 4 p.m. More info [HERE](#)

MLH Ft. Worth: 12th Annual CHD Awareness Dinner & heart sock drive for Bravery Bags. Email [HERE](#) for more info.

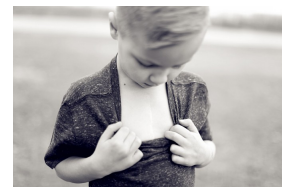
MLH of Dallas: Treats from the Hearts 02/13/2018. More info [HERE](#)

ALL MLH of VA groups - Star Hill Brewery purchases Jan-March - percentage goes to MLH of VA groups. More info [HERE](#)

MLH of Charlottesville: Heart Party for CHD Week 02/12/2018 from 4 to 5:30 p.m. More info [HERE](#)

MLH Washington, DC: Happy Hour with STARR Brewery from 4 to 6 p.m. at Fiola's Irish Pub in Alexandria.

MLH Washington, DC: Hope For Hearts Casino Night. Use code MLHDC for a discount. Email [HERE](#) for more info.



Hurry and submit your picture for a chance to win a gift card and other prizes in the ROCK YOUR SCAR 2018 photo contest! We are calling for CHD warriors of ALL ages, show us how you embrace your CHD! The Rock Your Scar 2018 photo contest and national CHD Awareness campaign 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. Also, please submit ONLY photos of your own child or yourself. 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.

Please submit your photo [HERE](#)

MH & MLH National Education & Training Conference & CHD Symposium in San Antonio

Plan to join us along the river...the San Antonio river on July 14-18, 2018 for Mended Hearts & Mended *Little* Hearts National Education & Training Conference all together under one roof - **Hyatt Regency San Antonio Riverwalk**, Texas. Our conference hotel is steps away from the legendary San Antonio River Walk and it overlooks the historic Alamo mission.

While the program is still being planned, we do know that the 5th annual MLH CHD Symposium will kick-off our program on Saturday, July 14. MLH Leadership Training will continue July 14-15-16. Mended Hearts and Mended *Little* Hearts will join together on Sunday evening, July 15, for a festive "meet & greet" reception. Mended Hearts regional meetings, educational sessions, concurrent workshops and luncheons will continue Monday through Wednesday lunchtime, and conclude early afternoon, July 18, in time to catch your flight home.

All activities are at the Hyatt Regency San Antonio Riverwalk hotel. It's conveniently located on the River Walk that winds along the San Antonio river, one story below the street level. Stroll the river's many treasures of restaurants, galleries, art museum and shops that line the banks. 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.

Symposium and conference registration information, hotel reservations and program will be available in March. Plan to send at least one member from your chapter to share lots of valuable information for all!

TAVR Phone Visitors are Growing!

Thanks to chapters across the country for engaging Transcatheter Aortic Valve Replacement patients as new TAVR Phone Visitors. These new TAVR Patient Visitors are providing support by phone to other patients either pre-procedure or post-procedure.

Please ask any newly identified TAVR Patient Visitors to join our next Mended Hearts visitor phone training call:

TAVR Patient Visitor Phone Training: Wed., Feb. 7, 2018
Start time: 1 pm CST / 2 pm EST / 11 am PST
Teleconference Dial-in: 800-503-2899; code: 390 3268#

Chapter presidents & visiting chairs, please call and remind your new potential visitors to dial into this phone training to become certified TAVR phone visitors. Dr. Fredonia Williams, Mended Hearts National Visiting Chair, and Jodi Lemacks, MLH Program Director will facilitate this one-hour phone training. They will cover the basics of peer support by phone including: Introductions of TAVR Patients; do's & don'ts peer support protocol, active listening skills (very important when visiting by phone), patient confidentiality and privacy.

If you have any questions regarding our TAVR visiting program, please contact your Regional Director or staff, Marcia.Baker@mendedhearts.org, or 214.390.6233.

Mended Hearts has been formally accepted into the National Health Council's Standard of Excellence Program

Mended Hearts is proud to announce that we have been accepted for full membership in the National Health Council's Standard of Excellence Program. As the leader in cardiovascular peer-to-peer support, Mended Hearts continues to strive to be the patient voice of all heart patients and their families. As a member of the National Health Council, Mended Hearts can assure that the patient voice is fully represented in a



wide spectrum of health care discussions that directly affect patient care. For more information on this acceptance, please click [HERE](#).

**We ask all chapters to include this new NHC standards of excellence icon in newsletters and Mended Hearts communications. To download the icon, click [HERE](#). Please always add "Mended Hearts" underneath the logo when using.*

View this new recorded webinar: A Future Without Heart Valve Re-operations?

WHY: For children who need Right Ventricular Outflow Tract reconstruction, existing pulmonary heart valve implants are invaluable life-savers but not a definitive solution. Are the latest technologies going to improve their future options?

WHO: Professor Gerardus Bennink, University of Cologne (Please [HERE](#) to learn more about Dr.

Bennink)

WHAT: Insights on current and upcoming treatment solutions currently in U.S. trials. A future without re-operations? New horizons in pulmonary heart valve therapy



Join us and watch this brand new engaging webinar. You can register and view the webinar [HERE](#)

CHD Awareness Toolkit

Mended *Little* Hearts has created many CHD Awareness materials for its group leaders to use in preparation for CHD Awareness Week, February 7-14. They include:

- CHD Awareness Tried & True
- MLH Fact Sheets (talking points)
- Promotional strategies
- Proclamation cover letter
- Proclamation sample for a state
- Proclamation sample for a city or county
- Sample Press release
- Sample Letter to the editor
- Sample Public Service Announcements
- Mended *Little* Hearts Fact Sheet
- CHD Fact Sheets (www.chphc.org)
- Letter to lawmakers/government officials

In addition, Mended *Little* Hearts has three CHD Awareness Videos to help people learn about CHD and Mended *Little* Hearts. They are:

CHD 101-- [HERE](#) (pardon old branding)

CHD Awareness- [HERE](#)

Mended *Little* Hearts Hope, Help,Healing- [HERE](#)

February is Heart Month Congenital Heart Disease is Chronic, and Care is Costly

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family's health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives.

In honor of Heart Month, the Congenital Heart Public Health Consortium (CHPHC) is raising awareness that children, youth and adults living with congenital heart disease (CHD) require lifelong congenital cardiology care so that they can live, learn, work and play to their fullest potential. All individuals and organizations are encouraged to join the Day of Education on February 5, 2018 from 12-2 PM Eastern Time. This virtual event can be attended wherever you & the organization you represent can communicate with elected officials, decision makers and members of the public. Be sure to add

#CHDCare4Life to all of your social media posts so that you can contribute to this campaign. Learn more at chphc.org.

Heart Failure Awareness Week is February 11-17

The "Do Your Part, Know Your Heart" campaign is a community-focused heart failure awareness initiative that encourages individuals to take an active role in maintaining their heart health. The campaign aims to promote self-health awareness by encouraging regular checkups, educating about the signs and symptoms of heart failure, providing information on diet and exercise, and stressing the importance of regular screenings. Do Your Part, Know Your Heart seeks to make living with heart failure less of a challenge, and arms patients with the information and resources they need to take control of their heart health. For more information visit [HERE](#).

National Heart Valve Disease Awareness Day is February 22

This February 22nd, Mended Hearts is proud to participate in National Heart Valve Disease Awareness Day. More than 5 million Americans have heart valve disease (HVD); which can cause heart attacks, arrhythmia, congestive heart failure, and other heart disease-significantly impacting quality of life and even leading to death. The good news is that most HVD can be successfully treated in patients of all ages.



Unfortunately, awareness of HVD is alarmingly low, with close to half of respondents to a national survey reporting that they have not heard of HVD. Therefore, an awareness day dedicated to heart valve disease is so important. Learn more about valve disease, the Awareness Day Campaign, and how you can join the movement at www.ValveDiseaseDay.org

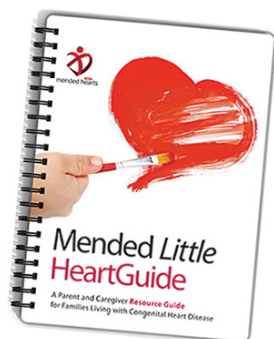
Congenital Heart Public Health Consortium (CHPHC)

On February 25-27, Mended *Little* Hearts will be represented at the Congenital Heart Public Health Consortium (CHPHC) meeting and the Legislative Conference immediately following. The CHPHC is a collaborative of many different organizations with a focus on public health as it relates to congenital heart disease. All are invited to the CHPHC Annual Meeting at no charge, and our very own Aiden Pearsall will be speaking. For more information on this event, click [HERE](#).

Mended *Little* Hearts will also be represented at the Cardiology 2018 conference hosted by Children's Hospital of Philadelphia. On February 25, Angel Olvera and Jodi Smith Lemacks will be attending a special conference on the future of Fontan patients as well as those issues pertain to many Mended *Little* Hearts families.

Mended *Little* HeartGuide Lite

MLH VP, Angel Olvera, and MLH of Phoenix were able to get 5,100 MLHGuide Lites printed in English and Spanish to go in the MLH Bravery Bags. We have been providing these



to MLH groups at no charge except shipping and we have already given out over 2,700 of them since September 2017!! That's more than 25% of babies born with critical CHD each year in less than 5 months!!! Many hospitals would like to receive the MLHGuide Lite, so we will be looking for sponsors for the next printing soon.

Regional Meetings - Save the Date!

Thanks to Ed Wainwright, Mike Weber and Marvin Keyser in organizing and implementing a wonderful Southern regional meeting this past weekend, Jan. 19-20 in Kissimmee, Florida. Ed organized a special technology workshop on Friday afternoon, followed by Saturday,



full of presentations by healthcare professionals and over 60 members sharing ideas and stories in roundtable discussions in Kissimmee.

Save the date for three upcoming regional meetings in April:

April 14 - Rocky-Mountain Regional Program: HonorHealth Shea Scottsdale, Arizona, For more info, contact Bob Oberfield mobile: 408-203-5631

April 14 - Northeast Regional Program, Saint Francis Hospital, Hartford, Connecticut, For more info, contact Bob Hoffman mobile: 860-841-3530

April 28 - Mid-Atlantic Regional Program, Rex Heart Center, Raleigh, North Carolina, For more info, contact Bill Voerster, mobile: 704-310-8354

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