For a full list of chapter and group events, please scroll to the bottom of the newsletter.

CHD Symposium Registration is Open
Registration is now open for the 6th annual Mended Little Hearts CHD Symposium 2019 “Growing with CHD: Planting Seeds for a Brighter Future”. The event, which will be held July 12-13 in Milwaukee, Wisconsin, is generously co-hosted by Children’s Hospital of Wisconsin.

REGISTER HERE TODAY!

CHD Leaders’ Summit: For the first time, we are inviting CHD leaders from all organizations, as well as medical professionals and Mended Hearts members, to the CHD Leaders’ Summit where we can network, share ideas, and support each other. Join us for the networking luncheon at 11:30 a.m. CST followed by professional training on grief, empathy and listening by Parent-to-Parent Wisconsin and on how to tell your story by Ex Fabula.

CHD SYMPOSIUM: As always, you will learn about innovations in CHD treatment and care from experts from around the nation. The Symposium will open on Saturday with a keynote address by Navin Kumar, an inspirational speaker with CHD and early-onset Parkinson’s. Navin is a medal-winning table tennis player turned Hollywood movie actor.
The day’s sessions will focus on growing with CHD beginning at birth, through school-age years, adolescence and teen years, to adulthood. The Symposium will finish with the popular “CHD According to Me – Growing Up with CHD” panel. Participants will learn about innovations in surgery and cardiac catheterization, neurodevelopmental issues, school readiness (presented by Project Adam), dealing with fear and anxiety, and much more.

Thanks to the support from Children’s Hospital of Wisconsin, we were able to keep the cost of the CHD Symposium very low—$55 per individual or $100 per couple living in the same household. This price includes lunch and a reception on Friday, lunch on Saturday and all handouts. (Note: Mended Little Hearts and Mended Hearts Bronze, Silver, and Gold members receive a conference discount. Please email us for your discount code HERE.)

Mid-Atlantic Regional Meeting – Saturday, April 27th
If you are a heart patient, caregiver or medical professional interested in learning about what's new in heart disease or congenital heart disease treatment and care AND you live in the mid-Atlantic region, you are not going to want to miss out on our upcoming regional meeting on April 27th.

For the low price of $15, attendees will have the opportunity to learn about the latest developments in cardiac surgery, hear updates on cardiac neurodevelopmental outcomes and find out more on how to care for heart patients from infancy through adulthood. After lunch, which is included in the program, MH and MLH attendees will breakout into separate sessions to cover topics specific to acquired heart disease and congenital heart disease.

To view a detailed program agenda, please click HERE. If you are traveling to the area and looking for accommodations, we have prepared a list of nearby hotels that can be found HERE.

This day-long event is being held at the Inova Fairfax Medical Campus. Registration, contact and address information can be found HERE.

Webinar series on reducing your risk of heart disease
Mended Hearts and the American Society for Preventive Cardiology have come together to bring you a six-part webinar series to help you reduce your risk of heart disease. This informative series is for patients, caregivers and anyone interested in improving their heart health. Please see below for the list of webinar topics, dates and registration information.

May 2, 2019 (Thursday) 12:00-1:00 PM ET
Blood Pressure Control: REGISTER HERE

May 16, 2019 (Thursday) 12:00-1:00 PM ET
Preventative Exercise and Physical Activity: REGISTER HERE
June 6, 2019 (Thursday) 12:00-1:00 PM ET
Controlling Risk Factors for Women: **REGISTER HERE**

June 20, 2019 (Thursday) 12:00-1:00 PM ET
Controlling Risk Factors for Diverse Populations: **REGISTER HERE**

If you missed our first two webinars in this series, you can still watch them. Please click on the links below to view:

Cholesterol Control and Diet Modifications view **HERE**.

Following your Treatment Plan to Reduce Your Risk of a Second Event view **HERE**

This webinar series is brought to you by a generous grant from Amgen

Parent matching training – Tuesday, April 23 at 1 p.m. ET
If you are a member of Mended *Little* Hearts who is interested in providing online support through our Parent Matching Program, we will be holding a 30-minute webinar training session on Tuesday, April 23 at 1 p.m. ET. You don’t have to be a MLH leader to participate, you just have to be willing to support others. To register for this training, please click **HERE**.

Looking for Heart Failure Patients to Share Their Journey
Adults living with chronic heart failure may have a unique perspective that is important for healthcare providers to understand. To help providers gain this perspective, the Heart Failure Society of America is currently seeking participants for an anonymous research study, “A Patient’s Journey through Heart Failure”, which is open to all adults living with heart failure. Please visit our website **HERE** for more information or take the survey now.

National Donate Life Month and Pediatric Transplant Week (April 22-26)
Many Mended Hearts and Mended *Little* Hearts patients have been blessed to receive new hearts or other organs, and in honor of that, we ask you to join us in recognizing and celebrating National Donate Life Month and National Pediatric Transplant Week. Recognizing these important dates gives donor and recipient families an opportunity to share their stories, encourage others to help save and heal lives by registering to be organ, eye and tissue donors and to learn more about becoming a living donor.

For more information about National Pediatric Transplant Week and pediatric
**MLH of Fresno – 15th Anniversary**
Join us in congratulating MLH of Fresno, CA, Mended Little Hearts’ oldest group, on reaching its 15th anniversary milestone! The group has been working hard to grow its hospital partnership, hold fundraisers and member events, and support families in a very large area. Thank you for all you do!

**Chapter 16 - 30th anniversary**
We would like to give a shout-out to Chapter 16 in Lynchburg, VA for the support they have given to their community for the last 30 years! We congratulate you on the lives you have touched and made better over the last three decades. You are appreciated and we thank you for all you do!

**I Will Keep You Alive –**
A new book co-authored by a MH member and his caregiver
Bob and Adele Levin, two members of Mended Hearts from California, recently co-authored a book about their personal heart journey told from his perspective as a heart patient and hers as a caregiver. If you are interested in learning more about their inspirational story, you can purchase the book online or in stores.

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“**To lower patient costs, lawmakers must push for middleman oversight**” – Article written by Andrea Baer
Recently our own Andrea Baer, Director of Patient Advocacy and Program Management at Mended Hearts, wrote about increasingly high insurance costs for prescription drugs. The article, published in *Western Pennsylvania Healthcare News*, details a proposed Department of Health and Human Services (HHS) rule that is aimed at reforming and improving the drug rebate system. If you would like to read Andrea's article and learn more about this important issue that could have a huge impact on heart patients and their families, please click [HERE](#).

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For more information about National Donate Life Month, please visit [HERE](#).

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If you wish to find out more about a local MH or MLH event, or you have a meeting you would like added in next month’s newsletter, please email Mandy
MH Chapter Events

MH of Loma Linda, CA: Chapter Meeting 04/26/2019 from 1:30 to 3 p.m. For more info email Joe HERE.

MH of Blue Ridge, VA: 30th Anniversary Dinner 04/27/2019 from 6 to 9 p.m. For more info email Dan HERE.

MH Oakland, CA: Chapter Meeting 05/04/2019 from 9:30 to 11 a.m. For more info email Kathleen HERE or call 949-689-3116.

MH of Wenatchee, WA: Chapter Meeting 05/06/2019 from 11:30 to 1 p.m. For more info email Ann HERE.

MH of Cabarrus, NC: Chapter Meeting 05/02/2019 at 6:30 p.m. For more info email Ken HERE.

MH of Central Virginia: Chapter Meeting 05/07/2019 at 7 p.m. For more info email John HERE.

MH of St. Petersburg, FL: Chapter Meeting 05/08/2019 from 1 to 3 p.m. For more info email Ken HERE.

MH of Landmark, RI: Chapter Meeting 05/08/2019 at 5:30 p.m. For more info email Carolyn HERE.

MH of Coachella Valley, CA: Chapter Meeting 05/09/2019 from 6 to 8 p.m. For more info email Ed HERE.

MH of Leesburg, FL: Chapter Meeting 05/09/2019 at 10 a.m. For more info email Michele HERE.

MH of Myrtle Beach, SC: Chapter Meeting at Mercy Care 05/13/2019 at 11:30 a.m. For more info email Mary Lou HERE.

MH of Newark, DE: Chapter Meeting 05/13/2019 at 6:30 p.m. For more info email Linda HERE.

MLH Group Events

MLH of San Diego, CA: Music therapy classes the last Friday of every month through December. For more information click HERE.

MLH of Fresno: 15th Anniversary Celebration 04/28/2019. For registration info click HERE.

MLH of Philadelphia: Family Picnic 04/28/2018. For more info email HERE.
MH of Chicago, IL: Chapter Meeting 05/14/2019 at 6 p.m. For more info email Neal HERE.

MH of Greater Hartford: Chapter Meeting 05/15/2019 at 7 p.m. For more info email Walter HERE.

MH of Fort Myers, FL: Chapter Meeting 05/15/2019 at 6:30 p.m. For more info email Joe HERE.

MH of Huntsville, AL: Chapter Meeting 05/16/2019. For more info contact Fredonia HERE.

MH of Atlanta, GA: Chapter Meeting 05/18/2019 at 10:30 a.m. For more info email Harry HERE.

MH of Myrtle Beach, SC: Chapter Meeting at Waccamaw Hospital 05/28/2019 at noon. For more info email Mary Lou HERE.

www.Mendedhearts.org - 1-888-432-7899