The Mended Hearts, Inc.
The First 50 Years

May 24, 2002

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The Mended Hearts, Inc.
7272 Greenville Ave.
Dallas, TX 75231
Preface

“During the past year there have been a number of requests for the publication of a history of Mended Hearts. It's a good idea, and it is now a project that can be on our national agenda.” This is part of a letter written twenty years ago by a Mended Hearts officer.

What you are about to read is a “work in progress”. The history committee has read documents and letters from various portions of the life span of The Mended Hearts, Inc. We have read through many Heartbeats, but not a complete set. We’ve had access to some of the minutes from the Executive Board and Annual Meetings over the past forty years. We’ve seen a few newspaper clippings and even fewer photographs. Over the years there have been a number of two-page histories from which we have freely adapted. From all these we have compiled this history of our organization.

As the co-chairs of this committee have only been members of Mended Hearts for six years, we have had to rely on others for our resources. Special thanks go to Ellnor Gammage and Evelyn Ray who made a great deal of material available from their terms as President as well as other useful data. Recollections of Joe Amato, Maxine Eberle, and Milan Underwood and scrapbooks from John Jacobbe were very helpful.

There must be more available information out there somewhere this side of cyberspace. What we need now is for you to supply us with more “stuff” to work with. As an example, we received a box of documents less than two weeks before our deadline for sending this to Dallas. We know that at times there have been scrapbooks prepared for the conventions, but where are they? We would love to hear from you about information that would make a second edition more complete.

Our work would have been impossible without the help of that indomitable lady whom we both met at our first convention in Toronto - Betty Malosh, of Toledo, OH. She provided the connections needed to understand Mended Hearts over time, as well as knowledge of people who could provide necessary information.

After reading letters, minutes, recollections, newspaper clippings, and stacks of other material, we have seen that there is a common thread woven throughout the fabric of the more than fifty years of our history. All Mended Hearts truly not only celebrate life and the joy of being alive, they are dedicated to helping others.

Enjoy,

The History Committee
Betty Malosh, Chapter 100, Toledo, OH
Rick Mantey, Chapter 28, Richmond, VA - co-chairman
Mary Shreve, Chapter 28, Richmond, VA - co-chairman
The Beginning

The fabulous fifties! Truman told us the buck stops here, and it did as we went to war in Korea. We liked Ike and we loved Lucy. David said, “Goodnight,” to Chet and Chet said, “Goodnight,” to David. The fifties saw the first Big Mac, the first business computer, the first credit card, . . . and the first Mended Hearts meeting.

Those of you who can remember, think back to what you were doing in 1951. A young woman named Ruth made a life-changing decision when she accepted a marriage proposal from Fulton Johnson, and Doris Silliman was a patient at Peter Bent Brigham Hospital in Boston, MA. After a history of rheumatic fever, this small, alert woman was limited in her physical capacity. She hoped that science could offer her something miraculous to enable her to live long enough to raise her son, and perhaps have other children. She found her miracle as one of the first fifty patients to have heart surgery. Known as “The Inspired One”, she was so excited after surviving the surgery that she literally walked the halls of the hospital looking for anyone to tell how wonderful it was to be alive.

Dr. Dwight Harken, her surgeon, Chief of Thoracic Surgery at the Brigham, is known as the father of heart surgery and the Father of Mended Hearts. The first surgeon to have repeated success in operating on hearts, he said, “We discovered that the heart wasn’t such a mysterious and untouchable thing after all.”

In January 1951 he asked Doris Silliman, along with three other post-surgery heart patients, Keith Otto, Alford Santimassino, and Elizabeth Wilkinson, to meet at the hospital to encourage each other and other patients. They talked of many things - their new feeling of well being, their plans and hopes for the future, and with renewed happiness they spoke of their “mended hearts.” From their conversations together, they realized how wonderful it would be to help others who would be facing the same experience.

With the assistance of Doctor Harken they formed an organization, wrote up a charter, and planned their membership contacts with the aid of the hospital workers. The group was on its way to new growth and further development. They named the group by capitalizing on the words they used in referring to themselves, the Mended Hearts. They often said how great it was to be alive, and Dr. Harken added, “and to help others.” At a meeting of these early members of the organization they chose their officers and planned meetings with other postoperative patients. Walter Abernathy became the President; Paul LaJeunesse and Reno (Chip) Marini, Vice-Presidents; Lee Bowden, Secretary; and Ida Chartkoff was appointed National Treasurer. It was during this administration that Lee Bowden started the visiting program. She wrote, “As far back as the beginning of the visiting program, the hospital insisted that visitors be selected, oriented, and trained as to the proper techniques of visiting. Mended Hearts has always been firm about training, and it must continue for the benefit of all concerned.”

Mrs. Bowden remembers, “And a nicer person I never knew. Walter Abernathy was a tall, eager, pleasant person with a real sense of humor. He wore glasses and had a ready smile. He was gracious, responsive, and refreshing. His enthusiasm for the Mended Hearts and their future was utmost in his mind.
“When he was president, I was executive secretary, and he believed in executives having secretaries working for them. We had much fun about routine work, and when I look at some of the old correspondence and see that all my letters to him were directed to the ‘Boss’, it brings back many happy hours, not over-worked ones, with the Mended Hearts and their meetings.

“While our meetings were less formal when we were the Mended Hearts Club, Walter never ceased to fill us with laughter and fun along with the business sessions. But you must not be deceived that he did not get all the business of Mended Hearts accomplished, too. He was much more limited physically than most of us at that time, but we tried to do all the legwork for him. It seemed to work out very well. The spirit was high and this, somehow, helped to take care of the limited physical strength. Our workers were intensely interested and much of the membership near enough to be contacted easily.”

Their first year was full of hopes and ambitions for all who had been ill before the miracle of surgery. This new surgery was the first offer of help these people had found. In 1952 they decided to hold annual meetings. Little did they realize what they had started!

On June 5, 1953, a gathering of Dr. Harken’s heart patients surprised their surgeon with a birthday party, sparked by former jockey Albert (Fitzy) Fitzpatrick, who was the first executive secretary of the group. Described as a slight, wiry man with dark, beady eyes that showed his enthusiasm, he was thrilled at his better health after heart surgery and was restless until he could be on the track again and on his way traveling with the horses. He was very energetic, always thinking of new ways to get people into Mended Hearts. Dr. Harken did not want this to become a fan club and wisely suggested that the association be opened to all surgically mended heart patients, regardless of who their surgeon was, or where the surgery had taken place.

On the next day, the first Annual Meeting was held at the Boston Club in Boston, MA. About fifty people attended. It wasn’t until the fourth annual convention in 1956 that Morris Chartkoff instituted the first convention advertising souvenir book and the event became self-supporting.

A chapter of Mended Hearts was established in Worcester, MA, in 1954 under the leadership of Paul LaJeunesse and Agnes (Nan) Emery, who is believed to be the first Chapter Chairman. Margaret Livingston and Martha Finn developed the visiting program for the chapter. Lee Bowden was the first person to be an authorized hospital visitor. She taught the regulations of hospital visiting to Ida Chartkoff, the second authorized hospital visitor. Instruction Booklet #1, Mended-Hearts Hospital Visiting, the first Visiting Manual, was published in 1956. It established the “rigid rules” for visiting. The first page required the signatures of two physicians, a hospital official, and the Visiting Chairman of the national organization for a visitor to be authorized for hospital visiting.

At that time members fell into two categories - active members, who were heart surgery patients, and associate members, who had not had surgery. Their pins had a small “A” in the corner.

A “Walking Blood Donor” program, initiated by MHI in Boston, helped provide the fresh blood needed in the area for the pump-oxygenator used during open heart surgery at that time.
In 1954 Dr. Harken suggested starting a Boston chapter, which formed under the leadership of Gertrude Wilfert, its first Chapter Chairman. As The Mended Hearts, Inc. continued to grow, the first chapter outside of Massachusetts was chartered in Nashville, TN, in 1958. Chapter 20 in Boston and Chapter 29 in Nashville are the oldest continuously active chapters in the organization today.

Mended Hearts was incorporated under the laws of the Commonwealth of Massachusetts in 1955 with the assistance of Bernard Vernon, Esq., and a constitution and bylaws were adopted. On April 4, 1956, The Mended Hearts, Inc. received tax exempt status as an organization “operated exclusively for charitable and educational purposes.”
Growing and Changing

The sixties began in Camelot with JFK and Jackie, and ended with Neil Armstrong taking “one small step for man and one giant leap for mankind”. Broadway Joe took the NY Jets to the Super Bowl, we got a twist with Chubby, Rowan and Martin made us Laugh-In, and Star Trek took us where no man had ever gone before.

In 1960 Instructional Bulletin #2, Mended-Heart Home Visiting, authored largely by Martha Finn, was published. That same year the Newsletter Committee was established as chapters were encouraged to send their newsletters to all other chapters.

Coronary artery bypass graft surgery developed and grew during the sixties. As more of these procedures were done, membership and the number of chapters in Mended Hearts grew rapidly. Special visitor training was developed, and approved visitors provided for these patients.

After much discussion it was decided in 1963 that Associate Members would be able to visit patients as Accredited Visitors if approved by the physician. Lyndon B. Johnson, President of the United States 1963-1969, was presented with an Associate Membership and pin that year.

Chapter 38 in Houston was founded by Max Farrar. A young man who had heart surgery in Houston, he was a salesman, traveling for a large pharmaceutical company. He learned about the organization in his travels and became their contact with heart physicians to inform the organization of new medications on the market, as they appeared. He met a patient's husband in New York, Emanuel (Manny) Spielman, who developed an interest in Mended Hearts and Chapter 45 on Long Island became active. Max Farrar was named “Mr. Mended Hearts” in 1974. After his death in 1975, the Cardiac Surgical Waiting Room at the Texas Heart Institute was named for him in recognition of his service to heart patients.

The first Finance Committee, with Matthew Roberts named as Chairman, was established in 1964. National dues had been raised from two to three dollars and in 1967 the Annual Budget reported “a small sum left over”. It was the first balanced budget. That year Evelyn Ray, MHI President, initiated the use of the red rose as a symbol of the love and courage of all mended hearts. The red rose is now the flower of Mended Hearts.

On January 1, 1964, a room given by an anonymous donor was dedicated to Mended Hearts at Peter Bent Brigham Hospital. The plaque reads, “To salute the Mended Hearts who have shown the joy of helping others.”

Evelyn Ray recalled what she felt was the beginning of the close relationship Mended Hearts has with the American Heart Association. “We did not have a working relationship with the AHA, so we had to go in the back door to get our information to the staff. Candy Meriwether [Maedl], a graphics artist, made a display board with all our material on it. As a member of the AHA staff of Middle Tennessee, I received permission to put out materials at meetings of their professional organization. I think that opened the door for the affiliation that we now have with the AHA.”

The first Chapter Organizational Manual was published in 1969. At that time ten active members were required to start a chapter. The manual stated, “Experience has shown that associate members can be the very backbone of a successful chapter. Associate members carry all the privileges of an active member, including that of holding office, hospital visitors, etc.”
The manual concludes, “We must all remember that [The] Mended Hearts, Inc. is an affiliation of persons throughout the world who share a common bond. The national organization exists only because we have this affiliation - a number of chapters united with one goal - ‘To Help Others’. [The] Mended Hearts, Inc. is YOU and all your members. Do not let your members feel this is just a ‘Boston or Houston Group’ or any other individual group running the show. Without your help, and all chapters like yours, the national organization could or would not be able to exist.”

Life insurance companies began to refuse to accept valve replacement surgery patients. In September of 1969 Dr. Harken, Dr. Michael DeBakey, Dr. Denton Cooley, and Dr. Adrian Kantrowitz worked to show that this surgery was “life-giving life insurance in the best sense of the word.”

By the end of the decade Mended Hearts included 27 chapters and over 1200 members.

**Chapters from Mended Hearts’ earliest years**
*that are still in existence today.*

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Members of Chapter 20 leaving for the 1966 Convention in Nashville.
New Ideas

During the seventies the Age of Aquarius became the age of acquisition. Hank Aaron bested the Babe, and Mark Spitz took the gold. The Godfather made us a deal we couldn’t refuse, and Clint Eastwood wanted us to make his day. We couldn’t believe we ate the whole thing, and the important question was, “Where’s the beef?”

Heart surgery was still quite new and lasting results were considered questionable. Mended Hearts was asked to assist in a research project by Doctor Stanley S. Heller of the College of Physicians and Surgeons of Columbia University in New York. Some 2,000 Mended Hearts participated and helped show that there is indeed good life after heart surgery.

In 1971 David Carron was elected President and Emanuel Spielman, Vice-President. When the San Diego Convention opened, those attending learned that David Carron had passed away just before leaving for the meeting. It was a tremendous shock to all. Ellnor Gammage remembers, “Mr. Spielman was an intelligent man, determined to fill in for Dave with full dedication. Fate had catapulted him into that position and he admitted he was suddenly confused about where to start but he said, ‘I will dedicate my work for the next two years to our organization's progress and the achievement of our goals, to letting every one of our members play an important part in order to make our organization the closely knit organization it should be. By working together in complete harmony and by helping each other, we will be able to effectively HELP OTHERS.’ Actually, he had been a member about seven years at the time. Manny was elected president for two terms on his own. He worked hard and should be remembered as an outstanding person in the organization. He was a great organizer.”

At that time the Executive Committee was composed of seven elected officers, the immediate past president, and a delegate from each chapter.

Mended Hearts grew rapidly and by 1971 numbered thirty-one chapters, including Houston, San Antonio, and San Diego west of the Mississippi River. Two years later the need was recognized for the establishment of six regions - Northeastern, Eastern, Southeastern, Midwest, Southwest, and Western Pacific. Regional Chairmen were at first appointed, but later it was decided that they would be elected by the membership. In 1971 the newsletter was renamed Heartbeat.

On April 2, 1973, the first seminar on visiting was held in Brighton, MA, with Dr. Harken leading. He encouraged visitors to see patients in the cardiac catheterization labs who were waiting to have the procedure. At the convention that year the book, Mended Hearts Poems, by Herbert G. Maedl was presented. In 1964 he was the first person ever to survive triple-valve open heart surgery. He devoted his "second lifetime" to Mended Hearts and AHA work, and spent much time writing poetry. His "A Mended Heart’s Prayer” was accepted at the 1973 convention:

A Mended Heart’s Prayer

We ask for your blessings, Lord:
We ask for strength
that we may pass it on to others . . .
We ask for faith
that we may give hope to others . . .
We ask for health
that we may encourage others . . .
We ask Lord for wisdom
that we may use all your gifts well.
In the summer of 1973 the insurance companies began to wonder just how self-help organizations could affect them. An exploratory workshop was held by W. Clement Stone and Company in Chicago, who invited leaders of self-help organizations to participate. Top psychologists were also invited to study what we had in common. The foundation appropriated funds for approximately fifty participants. Ellnor Gammage was chosen to represent Mended Hearts. At that date, The Mended Hearts, Inc. was next to the oldest continuously existing self-help organization. Alcoholics Anonymous was the oldest.

The emblem of Mended Hearts was registered and copyrighted in 1974. There have been slight changes in the Mended Heart symbol over the years. At Nashville, in 1979, the national board of directors, “Adopted a formal, approved logo and mark for the Mended Hearts. The first objective was to apply the approved version to all the national materials, letterheads, envelopes, literature, etc. Now it is time to begin the adoption of the approved graphic standards at the regional and chapter levels.

“Between now and the next annual meeting in 1982, the correct and approved version of the Mended Hearts symbol (mark) should be used on all materials that are printed or prepared at all levels of the Mended Hearts organization. The only correct and approved version of the symbol appears below.

“You will note that the basic design has remained the same. However, the heart shape, the flame, and the "stitches" have been refined. Also, it is important that the ® mark appear with the symbol, in the precise same position, in all future applications.

“The approved version is the only acceptable version for all future uses. Lettering, including our slogan, is no longer permitted within the symbol. Hand drawn or rendered versions are not acceptable, unless they are exactly the same as the example shown above. . . .Remember, if we are to be identified visually as the Mended Hearts, we must use the same graphic standards and materials nationally and locally."

A modified version of this heart – shown at the right – was adopted in 2002.

Heart surgery was progressing, not only in numbers but also in procedures. Insurance companies were becoming concerned and several states wanted to stop issuing drivers’ licenses to heart surgery patients. Mended Hearts managed to get a government funded research project going. About 1,000 patients, scattered over the United States, participated in answering all types of questions. This was a million and a half dollar project. When it was all over, we proved that after surgery, heart patients were safer drivers than those who refused surgery.

Mended Hearts received national publicity when the May/June, 1974, issue of Readers’ Digest published an article on the work of the organization. The next year a national television broadcast of Over Easy featured Mended Hearts.

Ellnor Gammage recalls that the seventies were, “The period when smoking was declared harmful. Wow! It was fun getting members to quit smoking in the meetings. This was a habit done at meetings - or anywhere - at one time. I think some became upset with me when I declared, ‘NO MORE SMOKING.’ I guess the only reason I managed to accomplish it was the fact that I had to join them.” No smoking is now a national policy for all Mended Hearts functions.
Pro - Time, A Compilation of Letters (from the PROfessionals in the Field) Commenting on the Work of The Mended Hearts, Inc. was published in 1975. In the introduction President Emanuel Spielman wrote, “This brochure has been compiled in order to introduce the work and services of The Mended Hearts, Inc. to the public, the physician, the hospital administrator, and to everyone concerned with the prevention of heart disease. Our slogan, ‘It's great to be alive - and to help others!’, truly reflects our gratitude to medical science and our desire to assist those who are about to benefit from life-saving and life-prolonging heart surgery, by helping them to overcome their fears and apprehensions. . . . With more than twenty years of experience behind us, our work - and its value to patient and physician - is being recognized by more and more physicians, institutions, and health agencies as shown on the following pages of this brochure. Ours is the only organization in this field which is fully endorsed by the American Heart Association, and a close working relationship and cooperation exists between the local chapters of both organizations as well as on the national level.

“The Mended Hearts Visiting Program today is of the highest standard, as described in this brochure, and we are constantly striving to improve and broaden our work in this area. We hope that the day will soon come when organizations such as ours will no longer be needed, and heart disease can be permanently prevented or cured.”

By the end of the decade Mended Hearts included 90 chapters and over 10,000 members.

Mended Hearts logos through the years
The National Office

In June of 1963 the need for an office for Mended Hearts led to inquiries about possible space at Peter Bent Brigham Hospital. Mr. Saul Ages from Ottawa, Canada, donated the money to finance the office for three years. In March of 1964 space was made available for a Mended Hearts office in Carrie Hall Nurses’ Residence at the hospital. The office officially opened August 3, 1964. The first paid worker of Mended Hearts was hired to work twelve hours a week. Two years later Beverly Weiss was employed to work a twenty hour week, but three years later the office was closed.

The minutes of the Board of Directors for June 25 and 26, 1975 stated, “The first priority is to set up an office and get an Executive Secretary. The duties of the Executive Secretary will have to be defined. After discussion, Mr. Bishop moved that we re-establish the Mended Hearts office in Boston, MA, and authorized the President to help in the establishment of the routine of that office, and also to get the help of others to start it. Mr. Goble seconded the motion, which passed. Mrs. Martha Finn was asked to check with the Peter Bent Brigham Hospital and see about reactivating the office there. . . . Expert Secretaries, who now handle our membership lists, will be advised that we will continue with them for at least the next three months at the increased rate they requested.”

In the fall of 1975 Beverly Weiss was appointed National Executive Secretary of The Mended Hearts, Inc., to reopen the office at Peter Bent Brigham Hospital. She wrote on March 13, 1976, “I hope the reopening of the Home Office here in Boston has been a giant step toward progress and the awakening to the fact that The Mended Hearts, Inc. is an organization that is no upstart group here today and gone tomorrow; but a vital, strong, healthy organization with roots and strength to function in a business like manner. I hope I have fulfilled the aspirations you as Board of Directors had when you decided to reopen the Home Office and smooth operations stemming from it.” Mrs. Weiss left Mended Hearts on October 29, 1979, with the thanks of the Board of Directors for her work.

The Home Office moved to Dallas, TX, in December of 1979, accepting the American Heart Association’s offer of office space and related services. On January 7, 1980, Darla Bonham was employed as the Executive Secretary of The Mended Hearts, Inc. She served in that position for twenty-one years, overseeing tremendous growth and change in the organization. On December 12, 1980, a plaque dedicated to Mended Hearts was unveiled at a ceremony to commemorate one year for both organizations under the same roof. Dr. James Schoenberger, President of the AHA, formally dedicated the plaque which “symbolized the unique compatibility of interests between the American Heart Association and Mended Hearts. Even as doctors look to the physical wounds of the patients, Mended Hearts tends to the patient’s emotional needs by their visits. Those who are ill need both ministrations. To insure they do receive both in the future, we (AHA) pledge to you (MH) all possible cooperation. The plaque is a mark of that pledge.”
On July 31, 2001, Fulton Johnson announced that the MHI Board of Directors had employed Bonna Kol as Executive Director, effective August 13, 2001. She has had ten years of experience with charitable organizations in the Houston, TX, area. Her immediate past position was Executive Director of the Houston Downtown YMCA. He asked that all Mended Hearts join him in welcoming her to our Mended Hearts family.

The new Field Service Director is to be a resource to the MHI vice president, regional and assistant regional directors, and chapter presidents. The job description includes designing and developing the educational program, implementing and evaluating the local services, being a resource to members and volunteers, providing support and structure to troubled chapters, developing training modules, and facilitating training sessions.

The home office is located at 7272 Greenville Avenue, Dallas, TX 75231. The phone is 214-706-1442. The web site is <<http://www.mendedhearts.org>>.

The American Heart Association National Center, the Home of Mended Hearts

The Mended Hearts Staff, April 2, 2002

Standing: Mary Brink, Secretary; Bonna Kol, Executive Director; Krystn Vertz, Bookkeeper
Sitting: Regina Dixon, Field Service Director; Cathy Clapp, Executive Assistant;
Linda Beeson, Office Manager
Setting Goals

The eighties saw Mike Douglas on Wall Street, the first issue of USA Today, the first woman on the Supreme Court and the first compact disc. The Challenger exploded and Chernobyl melted down. The army wanted you to be all that you could be and Lay’s didn’t want you to eat just one. Tootsie took our hearts, everyone wanted to know who shot JR, and ET phoned home.

In 1980 it was decided that a doctor’s signature was no longer required for a visitor’s book; the Visiting Chairman’s signature was sufficient. A new hospital visitors’ booklet was written under the guidance of Dr. E. Robert Schwartz of the Education Committee. Anne Davenport and Sally Wright helped with the revision. A new home visiting manual was issued through the work of Martha Finn and Dr. Harken.

A year later the distinction between members and associate members was abandoned. Now everyone was a full member. The Recording Secretary was no longer an elected position.

Research done by Sister Patricia Miller, of the University of Nebraska College of Nursing, showed that members of Mended Hearts returned to work sooner and in greater numbers than patients with similar conditions who did not have the advantage of the support of the organization.

The Visiting Chairman proudly announced in 1981 that the total number of visits had topped 100,000 for the first time. The report showed 109,667 visits to 49,190 patients had been made during the reporting year.

In 1982 individual member dues were raised to ten dollars; family membership dues were raised to fifteen dollars the following year. The President’s Cup Award and Newsletter Awards were initiated.

Growth in membership and the number of chapters made a realignment of regions necessary. In 1983 eight regions were outlined - Northeast, Mid-Atlantic, Southern, Central, Midwest, Southwest, Western, and Northwest. These are the regions used today. Six years later uniform convention regulations were adopted and an eight year regional cycle for location of conventions was initiated.

President Bob Dacey asked for the use of “visit”, rather than “visitation”, because of the latter’s religious connotation. He also asked for the organization to consider the expansion of the visiting program to include non-surgical patients.

A protocol for visiting non-surgical patients who had a heart attack, angioplasty, or a pacemaker was developed and approved by the Board of Directors in June of 1982. A coordinator was appointed for a visiting program for children with congenital cardiac conditions. The Board of Directors voted to appoint a committee to consider sponsorship of children’s cardiac camps by MHI or its chapters, since some chapters were already involved in sponsorship or in actual establishment of camps. After the committee made its report the Board voted that MHI and its chapters concentrate only on providing funds to send cardiac children to these camps. Chapters that had already started camps were ordered to set them up under separate corporations not connected to MHI, due to legal liability problems.
Standards were formulated and published for MHI Policy and Procedures. Paid advertising was accepted by *Heartbeat* for the first time. The concept of chapters’ establishing satellites to help form new chapters was introduced.

A new edition of *Protime, A compilation of letters from professionals in the field of cardiology commenting on the work of The Mended Hearts, Inc.* was published in 1984. Written on the first page, “The letters reproduced on the following pages represent the growing recognition of the Mended Hearts by physicians, surgeons, hospitals, institutions, and other medical professionals across the country. The letters speak for themselves - revealing an ever increasing spirit of cooperation and dedication between the medical profession and a grass-roots, self-help organization - The Mended Hearts, Inc.”

The first MHI Futures Conference took place June 23 and 24, 1984, at the Kansas City convention. President J. Milton Perez opened the meeting, “The aim of this meeting is to establish long-range goals for the organization... Today we hope to look ahead to the future to forestall any problems that may arise, and take advantage of trends that have been developing. In so doing we believe that Mended Hearts will become a stronger, well-organized organization with enhanced programs that will better serve the heart patient.”

A great deal of thought provided an overview of the planning process, an accumulation of external and internal data was available, and priorities were set with an eye to future conferences. Specific outcomes were set for each goal. The goals set at this Futures Conference were:

1. Increase membership knowledge of the functions of Mended Hearts Chapters and the duties of officers and chairpersons.
2. Reduce turnover of Mended Hearts membership and increase the membership by offering our services to all heart related patients.
3. Expand the paid professional staff of Mended Hearts to increase support to Regional Directors and Chapters.
4. Improve the patient/family visiting program.
5. Make the general public aware of Mended Hearts.
6. Maximize the medical profession and hospital awareness and acceptance of Mended Hearts program and its value to the heart patient.

By the end of the decade Mended Hearts was approaching 100 chapters and a membership of 20,000.
Planning for a New Century

The nineties found US troops in the Persian Gulf and Timothy McVeigh in Oklahoma City. Clarence Thomas was seated, OJ was “Not Guilty”, and Dolly was cloned. We danced with wolves, were silenced by the lambs, and were told that life was like a box of chocolates - but to think outside the box. We were beeped, emailed, paged, copied, conference called, and chat roomed as we faced Y2K.

An annual grant from AHA to MHI was approved in June of 1990. The first grant was given in 1991 and has been repeated annually. These grants started at $100,000 per year for the first three years and then increased to $200,000 per year. Grants allowed MHI to initiate Regional Director and Assistant Regional Director training, and provided funds to continue publication of Heartbeat, to rewrite the MHI Visiting Manual and Chapter Operational Manual, and to fund workshops, chapter site visits, and new chapters. The PATH Packs given to the patients were developed during this time.

The Visitor Training Manual was revised in 1993 and the Trainers’ Manual was developed. Chapter visitor trainers, instructed in use of the new manuals, held Visitor Trainer Sessions at several locations in each region. This was also funded by the AHA grant.

President Jim Conley proposed the establishment of an Endowment Fund in 1992 to help with MHI’s financial future. It was approved by the Board of Directors and a board of trustees for the fund was created, with Jim Pappas as chairman. He has continued the work of managing and promoting the fund. The Endowment Fund has grown to a sizeable figure and some of the earnings are now being used by MHI. In 1997 the fund trustees advanced the Olympic Challenge with a goal of $250,000 in the fund by the Fiftieth Anniversary Convention in June of 2002. An annual drawing for scholarship awards, given to Mended Hearts family members for medically related study, has been effective in drawing more contributions.

Further changes in technology and treatment of heart disease, such as nuclear medicine, heart transplants, and the use of medical management techniques including angioplasty and stents, as well as the growth of the internet, continue to affect the work of Mended Hearts.

In 1991 Betty Malosh, Chapter 100 in Toledo, OH, put the subject “Mended Hearts” on the Prodigy Bulletin Board. Mended Hearts was now on the World Wide Web. Michele Stueckle, Chapter 21 in Santa Clara, CA, remembers, “We had our first internet seminar at the 1996 MHI Atlanta Convention. The main goal of the seminar was to collect email IDs for an MHI email directory. We also discussed visiting ‘netiquette’ on internet bulletin boards and the planned MHI website. Thirty email IDs were collected. Now we have approximately 600.”

Mrs. Stueckle continued, “The Mended Hearts Internet Bulletin was an outgrowth of the email directory. Various members started sending in interesting chapter news and the national website was about to be launched. It made sense to send out this news over the internet to the members on the email directory. The Internet Bulletin was born in February of 1997.

“The Mended Hearts Internet Visiting Program was also an outgrowth of the email directory. After we received ninety email IDs, the internet members were asked how many of them were
accredited visitors. There were forty who responded. Now there are close to 200 Mended Hearts Internet Visitors.” Marty Polstein was appointed Internet Visiting Chairman in 1998. Gerry and Jack Harrelson were appointed Chairmen in 2001. At the 1998 convention Betty Malosh and Michele Stueckle were hailed as “Mended Hearts Grandmother and Mother of the Internet.”

The national website for Mended Hearts was introduced in 1997. The website that Jeanie and Bob Switzer built for Phoenix Chapter 68 was the first in the nation for Mended Hearts and predated the national website. Now about thirty chapters have their own websites. Mr. Switzer was Internet Website Chairman from 1997-1999.

After a revision of election procedures in 1996, it was decided that voting would be done at the chapter level, with one vote per chapter. The next year the 800 telephone line was started with the motto, “Mended Hearts Listens.” Cluster Meetings for five or six chapters, lasting only one day, were introduced. These covered a smaller geographic region and were less expensive than the Regional Workshops, which were then held less frequently. Our first national spokesperson, Miss Seattle, Anna Ellin Johansson, was named in 1998.

On October 27-30, 1995, the Board of Directors and other Mended Hearts leaders met in Charlotte, NC, for a Futures Conference to set goals for the next five years. These were:

1. Awareness: To increase the general public’s and health care providers’ awareness of The Mended Hearts, Inc.
2. Patient visits: To increase the number of patients visited by 13 percent annually and increase the number of hospitals with visiting programs by 15 percent by the year 2000.
3. Membership: To increase membership by 12 percent annually, retain 80 percent of current members annually (current retention rate is 70 percent), increase the percentage of patients visited who become MHI members to six percent (currently about four percent join MHI), increase the number of new chapters by 15 percent annually.
4. Relationships with other organizations: To identify other organizations to form, build, and maintain relationships with them to help achieve our mission. The national office works with chapters to identify, develop and approve. Increase the chapter affiliations with AHA to have a similar goal (relationships can be unique to the geographic region).

In 1999 the Past Presidents’ Council was established with Joe Amato as chairman. The two most recent past presidents and the Council Chairman will now represent the past presidents on the Board of Directors.

By the end of the decade Mended Hearts included 270 chapters and a membership of 23,000.
A New Century, A New Millenium

The turn of the century saw *A Beautiful Mind, The Perfect Storm*, and Tom Hanks as a castaway. We chatted with Senator Hillary Clinton, and watched AOL merge with Time Warner. Tuesdays were spent with Morrie and a cat was cloned without the magic of Harry Potter. No one will ever forget the Twin Towers on September 11, 2001, and the start of the war against terrorism.

In 2002 The Mended Hearts, Inc., had grown to 282 chapters and 22,466 members.

Under the leadership of Donna DeLeese, Mended Hearts requisitioned its first Operational Audit, officially included legal counsel in the MHI leadership, and obtained Dan Reeves, coach of the Atlanta Falcons, as a national spokesperson. The first partnership with a national pharmaceutical company, Merck & Co., Inc. was founded. Merck funded a mailing of MHI information to 60,000 cardiac physicians and the first national radio and television promotions for Mended Hearts.

On February 14, 2001, the work of Mended Hearts was recognized in Richmond, VA, by the General Assembly of the Commonwealth. Under the sponsorship of Delegate Glenn Weatherholtz, House Joint Resolution No. 720 commended the work of Mended Hearts. This was the first time that Mended Hearts had been recognized by a state legislature.

After a new Operational Plan was adopted at the 2001 Annual Meeting, Donna DeLeese felt that MHI was now ready for, “growth into a viable nonprofit organization that can hold its own nationally and deliver dependable growth and support to our chapters.”

*The Mended Hearts, Inc. Operational Plan-2001, A Plan for Renewing Growth* addresses:

- A. Increase MHI breadth (hospitals)
- B. Increase MHI depth (members)
- C. Deepen member involvement and benefits
- D. Improve name recognition
- E. Organizational structure of MHI

Golf legend Jack Nicklaus partnered with Mended Hearts to help educate people about reducing the risk of heart attack. As part of his “Do More For Your Heart” program, Nicklaus joined with Wyeth-Ayerst Laboratories and Monarch Pharmaceuticals, Inc., to raise a total of $100,000 for Mended Hearts. Donations were to be made to Mended Hearts throughout 2002 based on Nicklaus's performance in Senior PGA Tour events.

After his installation during the 2001 convention, President Fulton Johnson wrote, “These are promising times for Mended Hearts. We’ve launched our operational plan. We’ve taken steps to reach the next level. We’ve hired a visionary leader as our new executive director.”

“Now, to reach - and exceed - our goals, we must execute three major strategies. I call them the three Cs: Connect, Communicate, and Commit.”

“We can best connect by having an open-door policy, communicate regularly to chapters with news and actions, and attend workshops, cluster meetings, and chapter special occasions.

“Each of us had made a commitment to the Mended Hearts mission. We must revisit our commitment and renew our pledge to move Mended Hearts forward. Together, we can make a difference!”
The Mended Hearts, Inc. Operational Plan-2001
A Plan for Renewing Growth

A. INCREASE MHI BREADTH (HOSPITALS)
   1. Involves a study (possibly by a university) of the economic & patient benefits of MHI to the hospital itself. Also define a case study for distribution to doctors, nurses and Hospital administrators. MHI ads in the favorite trade publications of these professionals will make Mended Hearts a familiar name.
   2. Increase MHI presence in Hospitals and Rehab Centers, especially the top 100 cardiac hospitals around the USA with a possible goal of over 190 new chapters in immediate future. Increase MHI staff. Professional contacts and establish a committee to facilitate the plan.

B. INCREASE MHI DEPTH (MEMBERS)
   1. Create a membership category especially for medical professionals, from which regions might choose outstanding doctors to honor, increasing our basic support. Establish a program for nurses to increase their knowledge and support of MHI.
   2. Create a dues rebate program for chapters.
   3. In the future are strategies to enhance our non-surgical visiting programs.

C. DEEPEN MEMBER INVOLVEMENT AND BENEFITS
   1. Establish a member support session guideline and train regional members to bring the training to chapter representatives bringing the "support" portion of our mission into reality and making our chapters competitive with hospital based support groups.
   2. Providing the latest in cardiac care information with a MHI President Intro as educational videos, on a monthly basis, to keep chapters updated on MHI to our chapters.
   3. Segue into AHA's current Secondary Prevention Program and partner with AHA's new Patient Education Program which will bring MHI into heavier media focus and hospital attention.
   4. In the future are strategies to enhance HEARTBEAT by the use of an outside publisher of medical magazines taking advantage of their experience, advertising and contacts to make the magazine more readable and profitable.

D. IMPROVE NAME RECOGNITION
   1. Enhance the MHI message so it will target specific audiences with prepared messages.
   2. Develop our print and web and ad programs with creative buys and media contact on a regular basis.
   3. Develop media relations and specifically target trade publications and particular audiences.
   4. Consider developing a secondary prevention electronic bulletin program to doctors and nurses to stimulate MHI inquiries and provide educational information.
   5. Develop one-on-one relationship with cardiac professionals.
   6. Enhance MHI presence and participation at professional meetings such as American College of Cardiologists, AHA Scientific Sessions and American Association of Critical Care Nurses, etc.
   7. Develop the means to deliver professional speeches to professionals.

E. ORGANIZATIONAL STRUCTURE OF MHI
   1. Enhance the MHI Board and increase the budget. Review and revise the Constitution and Bylaws to bring in line with Robert's Rules guidelines. Review the responsibilities of the Nominating Committee to increase the caliber and number of nominees' plus add professional people.
   2. Enhance the MHI staff and their roles and expand their core competencies.
   3. Review and enhance and/or revise standard convention practices with extensive Executive Leadership and Chapter Leadership training.
   4. Take advantage of enhanced partnership with AHA by use of news releases, corporate development, leverage linkage, in-kind services, inclusion of MHI in current and future patient programs.
   5. There are strategies to enhance the chapters and regions by identifying and helping distressed chapters with experienced "swat team" help, PR of local and regional recognition and rewards to chapter leadership and to local professionals. Establish regional chief medical officer and provide professional newsletter.
The Heart of Mended Hearts

“The sight of a healthy Mended Heart is still a constant source of surprise to a prospective heart surgery patient,” stated Jerry Goble. The visiting program is at the center of what Mended Hearts is about. In the large hospitals of this country's major cities, on almost any weekday, the surgery waiting rooms are crowded and quiet. Here the families and friends of surgical patients wait hopefully, sometimes for many hours, for the good news that the patient is doing well.

Despite the fact that today's continually improving heart surgery techniques can offer longer and better lives for the majority of patients, the prospect of such surgery is loaded with anxiety and deeply human concern for the future. Patients worry about their recovery and about the changes in lifestyle that will probably be required in the months ahead. They worry about returning to work. Will their families and friends treat them like a cripple? Can there be sex after surgery? What about diet and exercise? Will there be complications from the surgery or unwanted side effects from medication? Will travel be restricted? Must smoking be eliminated, and will drinking (alcohol) be permitted? Will the scar be unsightly or grossly visible? There are many questions, some of them of a deeply personal and private nature, and the answers are not always the same for each individual patient.

Lilah Davis, of Amarillo, TX, remembered, “I was lying in my bed, wondering if I would ever get back together again when a representative of Mended Hearts visited me. I was depressed, but after seeing her I knew I could have hope again.” Gert Wilfert recalled her visitor, Doris Silliman, the founder of Mended Hearts, “Doris was marvelous. I can’t begin to describe the fear and anxiety. She did so much to allay my fears that I knew I would do the same for others facing heart surgery.”

A Mended Hearts visitor knows what it is like to take that gurney trip from the comfort of a hospital room to a cold surgery suite. They know what it is like to wake up in the intensive care unit, connected to a respirator, monitoring wires, drainage tubes, IVs, and a catheter. They know how it feels to try coughing after using the positive pressure breathing machine. They also know the profound sense of relief when the respirator, wires, tubes, IVs, and catheter are removed. It’s not an easy experience to describe or relate to a spouse or friends, but it is easily shared with someone who has been there.

The Mended Hearts visitor knows the difference between walking boldly through the halls of the hospital after surgery, and walking to a waiting car for the trip home. They also remember their first night of sleep in their own bed, without a handy nurse’s call button clipped to their pillow.

Medical professionals and patients appreciate the work of Mended Hearts. “I believe that the Mended Hearts program should be fostered in every institution in which cardiac surgery is being performed,” stated Dr. Denton Cooley of Houston, TX. “A patient will often unburden himself of personal fears and worries to a Mended Hearts visitor that he would never voice to a physician or a member of his family,” said Dr. Robert W. M. Frater, Albert Einstein College of Medicine, New York. “I shall never forget your kindness in visiting me following my triple bypass surgery in January of this year. Sharing your personal, past experience in the ordeal of heart surgery, seeing your enthusiasm for the future and your present good health certainly comforted me and I shall always be grateful,” came from Roy Rogers.
As the visiting program was developed, patients and visitors were matched as to age and type of surgery. The *Instruction Booklet #1, Mended-Hearts Hospital Visiting* was the standard for all approved visitors. The four “rigid rules” of visiting were:

1. Do not visit without prior approval of the physician in charge.
2. Do not discuss your operation. (Stress improvement you have seen since surgery.)
3. Never discuss or expose your incision.
4. Don’t tell the post-operative patient what to expect in the rate of improvement.

In 1984 the Rationale and Protocol for angioplasty patients was developed, stressing that, “These patients had the same disease as bypass patients, requiring the same lifestyle changes. Therefore they need the same quality of support and encouragement.”

Rules and procedures for visiting are regularly reviewed and revised. For example, rather than the patient being in the hospital two weeks, patients often go home four days after surgery. Therefore, it is no longer advised to wait at least five days before visiting a surgical patient.

A young mother wrote, “You know! You’ve heard those dreaded words, ‘Your child needs heart surgery!’ Unthinkable thoughts run through your mind. Several weeks before surgery, a stranger, another mother, telephoned us. She was from Mended Hearts. Her son was recovering from a similar operation. As we shared our concerns, we found someone who truly understood (she had been there), and the burden was lessened.” An early training manual states, “Parents are able to allay many fears and prove invaluable help to parents experiencing the emotional impact of their child’s heart surgery. Parents visiting as Mended Hearts should go through the same type of training as the adult visitor.” In 1982 ten chapters reported an active pediatric visiting program. In 1985 a National Cardiac Congenital Visiting Program Coordinator was initiated. Some chapters do have pediatric programs today, but the statistics are not reported separately.

Mended Hearts has documented two very young visitors. Seven-year-old Eric Frohn, of Chapter 76, Jackson, MS, was the first youngster granted visiting privileges by Mended Hearts. In 1975 he was featured in *Heartbeat* visiting other children who had similar operations. He always brought along a stuffed Snoopy, hand embroidered by his mother. In 1978 San Diego Chapter 62 accredited nine-year-old Brandy Rae Wiedenhuff, who had her first surgery, a pulmonary artery bonding, in 1968 and a VSD closed in 1974.

Jerry Goble, as National Visiting Chairman in 1979, described Mended Hearts visitors as “those who sincerely wish to be of service to others who are about to experience heart surgery and to encourage them toward rehabilitation. The best visitors are those who look and feel well, who are self-possessed and tactful, who can remember what they wondered about most, and who can use that experience in helping others. They visit with a truly humble spirit; ever watchful, ever wanting to better their visiting techniques, ever wishing to be more successful.

“No one person has all the answers to all the questions regarding heart surgery. Diagnostic procedures and surgical techniques will continue to improve and change, and the many members of cardiac medical teams will do their professional best to save and improve lives. The Mended Hearts fulfills the very human and deeply personal need of heart surgery patients for support and encouragement at a time when it is needed most, and from people who've been there themselves. There will be many more visits from many more visitors in the years ahead by people who know it's great to be alive and to help others.”
## Annual Visiting Statistics

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The “Father” of Mended Hearts

“Who earns the right to be called ‘father’?

Is it the biological father, or the man who adopted the child, protected, fought for, and nourished it? I vote for the person who had the heartache, loved, stood by, and cared for the child. This is the distinguished title, so rightfully earned by our father, Dwight E. Harken, MD. It is probable that Mended Hearts would have become extinct many years ago had they not had this man’s support,” wrote Ellnor Gammage. “Dr. Harken was honored as Father of Mended Hearts at the 20th Convention in Boston and at the 30th Convention in Washington.”

Born in Iowa on June 5, 1910, Dr. Harken went to Harvard University and graduated from Harvard Medical School with highest honors and was elected to AOA and Sigma Xi. During World War II he served as Director of Thoracic Surgery Course for American Medical Officers in ETO; Chief, First Thoracic Surgical Center, ETO; and received the Legion of Merit. Dr. Harken made a famous contribution to the surgical literature in his report on the successful removal of foreign bodies from the heart, the first consistently successful intracardiac surgery with no deaths.

Asked to describe his accomplishments for a press release, he wrote, “It is generally enough to say I'm a pioneer heart surgeon who did the first consistently successful elective surgery inside the heart by removing shell fragments in World War II in a large series of patients.

“Following this Dr. Harken established on a scientific basis the operation for mitral stenosis called mitral valvuloplasty. Subsequently, he developed and placed the first demand pacemaker, the first direct current defibrillator, collaborated on the cardioverter, and placed the first caged-ball valve in an human in a normal anatomic position. He has also developed a number of instruments and medical devices. He has recently been interested in an institution called HEART HOUSE at Bethesda where cardiology techniques are taught in a series of three-day Symposia.”

He modestly forgot to include his position as Clinical Professor of Surgery, Emeritus, Harvard Medical School. He also was Past President of the American College of Cardiology and of the Association for the Advancement of Medical Instrumentation, a member of thirteen international, twenty-two national, and regional and state societies. He was on the editorial board of six medical journals and received the Laufman-Greatbatch Award (equivalent to the Nobel Prize in engineering) from the Association for the Advancement of Medical Instrumentation. He co-chaired the Editorial Advisory Board of Heartbeat.

Dr. Harken held Fellowships in the American College of Surgeons, the American College of Cardiology, and the American College of Chest Physicians for which he served as Governor and Regent. He was well published, having authored or co-authored over 200 papers. To Mend A Heart, a biographical account of Dr. Harken and a history of modern heart surgery as he reviewed it, was published by Viking Press (Wertenbaker) in 1980.

He was the inspiration for the founding of Mended Hearts and supported and encouraged the organization for the rest of his life. His service ranged from providing stamps and stationery as Mended Hearts got started, to using his influence to address on a national level the issues of Workman’s Compensation and insurance policies as they affected heart patients. Dr. Harken died August 27, 1993.
The Dwight Emery Harken Award, initiated in 1987 in honor of Dr. Harken, is presented to an individual, organization, or corporation outside of Mended Hearts for excellence in the field of cardiovascular medicine. The award is not presented every year. Recipients have been:

1989    American College of Cardiology, accepted by William Nelligan, EVP
1990    Cleveland Clinic Foundation
1992    Michael Wicks Dunaway, President And Chair of the Board, PSYCOR Corp.
1993    Denton Cooley, MD, and The Texas Heart Institute
1995    Allan Lansing, MD, PhD
1997    Albert Starr, MD
1999    J. Willis Hurst, MD
2002    Howard Frazier, MD

Dr. Robert Litwak shared his recollections of Dr. Harken. “I had the extraordinary honor of first meeting Dr. Harken when I was a surgical intern (1949-1950) working on the Thoracic Surgical Service at Boston City Hospital. Those were the very early days of heart surgery and Dr. Harken was one of the true pioneers in developing the operation for the relief of severe obstruction (stenosis) of the mitral valve. In those days every operation was a challenge and fraught with the real potential for disaster (since the heart-lung machine to bypass and support the heart and lungs during repair of the heart had not yet been sufficiently developed for clinical use). I remember one particular incident when the patient had been anesthetized and Dr. Harken - hurrying into the operating room while being gowned by a nurse - said, ‘Well boys, let’s get into the chest before the blood pressure knows we are operating.’

“Dr. Harken’s concern for his patients was legendary. Each was treated in a manner which made them feel as if they were virtually a member of his family - not just a patient. A man of rare accomplishment, anxious to share his extraordinary experience with us, possessed of a delightful sense of humor, he was the prefect teacher!! Dr. Harken trained a generation of cardiac surgeons. He will long be remembered for his ingenuity, surgical skills, and his humanity.”

Ellnor Gammage remembers, “Mrs. Bea Murray [Chapman] was appointed to be the first Public Relations Officer for Peter Bent Brigham Hospital to handle the press and publicity following the first open heart surgery done by Dr. Harken. (You can imagine the turmoil.) I was privileged to meet this charming woman during the 20th convention in Boston, MA. At that convention, if my memory serves me correctly, Bea was given the name of ‘Mother’ of Mended Hearts.”

Mrs. Bea Murray Chapman wrote, “This is your ‘Mother’ speaking whom Dr. Dwight Harken kindly saluted in his tribute. Although your multitudes do not know me now, I know you all in spirit for I was there when you were conceived by Doris Silliman, and I helped you be born under my desk at the Peter Bent Brigham Hospital. At that time your ‘conception’ was considered illegitimate, and a ‘naive movement’ with which the name of the Brigham must not be associated by certain limited officialdom. I nursed you along with my typewriter and file cards, and bided my time until your own maturity and good works blossomed into the budding reality you have become today.”

Thanks, Mom and Dad, for raising us.
October 27, 1987

AN OPEN LETTER TO ALL MENDED HEARTS

As "Father" of Mended Hearts I want to express my appreciation and that of the Harken Family for establishing THE DWIGHT EMARY HARKEN AWARD.

This brings me to mention several separate but related matters.

First, you have defined the purpose of the award. It is to recognize with this prize, an individual, individuals or organizations that have rendered outstanding service to MENDED HEARTS or have rendered outstanding service in the struggle against heart disease.

Second, if you have designated funds for a plaque and honorarium the added endowment described below is in addition to that. If you have no such endowment for a plaque and honorarium the funds below will be such. They may be augmented from time to time if donors so desire.

Third, I am producing a documentary movie, A HALF CENTURY OF HEART SURGERY. The PSICOR COMPANY (Michael Dunaway, President of PSICOR is the man who made the presentation in Denver) is generously funding the production of this movie for professional and public education pro bono publico.

Fourth, I was asked to collect the historic films and portraits of the PIONEERS in HEART SURGERY, because of my unique acquaintance with and friendship with, the builders in the field.

Fifth, when the matter of compensation for putting together and narrating this historic document came up I suggested that I would volunteer to do this project without pay if I could designate two grants of $10,000, each, one at this point in the film production and one on completion of this project. You MENDED HEARTS have received the first grant of $10,000. The second has not yet been awarded. This of course, will not be to MENDED HEARTS. I hope that you will use only the income from your $10,000, for plaques, honoraria or whatever to give further substance to the D.E.H. Award. I urge you not to use the principal for the awards be they annual or other. Furthermore, this $10,000, must not be lost in general funds, and thereby risk loss to these intended purposes.

I hope that these funds will add to the prestige of MENDED HEARTS, and to the substance of the DEH Award.

Affectionately,

Dwight E. Harken, M.D.
September 9, 1974

Donald S. Fredrickson, M.D.,
President, Institute of Medicine
National Academy of Sciences
Washington, D.C.

Dear Don:

Mr. Emanuel Spielman, President of the Mended Hearts, Inc.,
has just written me for advice in response to your communication
to him. This is with respect to the White House Fellows Program.

Mr. Spielman assumed I would know all about your program, but
I am afraid I must plead ignorance.

I want to do all I can to help you and, as the so-called “Father”
of Mended Hearts, I want to do whatever I can to help them.

I suspect it was during your time at the Brigham that Mended
Hearts was organized. It is now an international organization
with considerable prestige and uniformly honorable motives.

With more information from you, I may have an opportunity to
serve both Mended Hearts and you.

Thank you for your service to us all. It is always exciting to
follow your progress and the solid structure of your success.

Sincerely,

Dwight E. Harken, M.D.

DEH/amd
cc: Mr. Emanuel Spielman
MENDED HEARTS
Everywhere
U.S.A. and Beyond

Dear Friends

You who have as your line to live by..."It's great to be alive...and to help others", have espoused a philosophy that should be universal. It would solve much of what is wrong with this world!

You are specialists in correcting the fears, anxieties and problems, real and unreal, surrounding heart surgery. You are not harbingers of hearsay and old wives' tales but through training, experience and knowledge, deal in facts.

Your reassurance and problem solving embrace all concerned with the patient...not just the patient.

You do not support any one doctor or one institution. You illuminate and encourage by educating as to what can be done.

Having known you as you've grown from "the original courageous quartet" now to thousands, I understand why heart physicians of diverse cardiac sub-specialties and institutions delivering heart surgery...can profit by your participation. They, you and your fellow patients are better for MENDED HEARTS being.

I salute you, I thank you and I urge you to extend your good services. I know why you qualify among the finest people in the world.

Carry your torch high.

Sincerely,

Dwight E. Harken, M.D.,

from Protime 1984
Dear Mended Hearts:

May 10, 1978

This is your “mother” speaking whom Dr. Dwight Harken kindly saluted in his tribute on page 11 of the last year’s delightful program book.

Although your multitudes do not know me now, I know you all in spirit for I was there when you were conceived by Doris Dillman, and I helped you be born under my desk at the Peter Bent Brigham Hospital. At that time your “conception” was considered illegitimate, and a “nullus movement” with which the name of the Brigham must not be associated by any limited officialdom.

But I saw your possibilities as did your beloved Dr. Harken, and in my role as Public Relations Director for the Brigham I nursed you along with my typewriter and file cards, and bided my time until your own maturity and good works blossomed into the budding reality you have become today.

I was privileged to be at the Brigham for ten years during which the “powers that be” saw the light and gave you, at the Board of Trustees level, the recognition and permanent headquarters you enjoy today.

Most of us as we grow up and grow older wonder a great deal where we came from and under what circumstances. Therefore I thought it is timely for you to know that your labor pains were not without certain agonies; and that your birthright was pure and dedicated.

How well I remember calling on Doris before her operation and wondering if I would ever see her alive again. Then the remarkable “pink cloud” she ascended to when she discovered she was alive. And how she wanted so desperately to share her joy with others. And there were three others on B Bridge who supported her enthusiasm and who became the charter members who signed the certificate of Mended Hearts birth which I drafted up. Doris has survived and endured many other kinds of heart conditions including the loss of her husband, and other illnesses, but she had so much bounce that it seemed nothing could keep her down. I’m sorry to learn she is now in a nursing home and I hope she will be showered with your thoughts at this time.

My pride in your growth is indescribable. For many years I feared we would never get the convention out of Boston. And look where you are! Wonderful, wonderful, better people of life for having shared the miracle of new life through heart surgery.

Blessings on you all.

“Mother” Bea Murray Chapman

from Fall 1978, Heartbeat
Letter from Doris Silliman

With a great deal of pride and gratitude in my heart, I salute each member of this great organization.

When the idea of such an organization first arose, I never dreamed that it would magnify itself in such a large organization and represented in so many different areas of the United States as well as in foreign countries.

It has been a personal source of pride to look at each of our members, to read the many Newsletters and words of encouragement from so many of our Chapters and our dedicated members.

I wish it had been possible for me to have been more active within our organization. I also wish it were possible for me to join you in Houston for our Eighteenth Annual Convention. As an alternate to my wishes, please accept my sincere gratitude for your dedication, your work, your efforts in furthering the aims of The Mended Hearts, Inc.

My personal regards is extended to all.

Doris Silliman

FOUNDER, THE MENDED HEARTS, INC.

from the Houston 1970 Convention Booklet
February 25, 1975

The Mended Hearts, Inc.,
721 Huntington Avenue
Boston, Massachusetts 02115

Dear Sirs:

This letter is to confirm the participation of The Mended Hearts, Inc., in the program of patient care at the Texas Heart Institute, Texas Medical Center, Houston, Texas. I have enjoyed a close relationship with The Mended Hearts for the past twenty years. In fact, they have served as the sole social service group during most of this period.

At no time has The Mended Hearts caused any embarrassment or difficulty with our service. On the contrary, their helpful and understanding cooperation with patients and physicians has provided invaluable assistance to this program. I believe that The Mended Hearts' program should be fostered in every institution in which cardiac surgery is being performed. I am happy, therefore, to endorse this worthy project.

With best wishes for your continued success, I am

Yours sincerely,

Denton A. Cooley, M. D.

DAC/kk

from Pro-Time 75
Blood Program
from the 1958 Convention Booklet

We who have literally been given a new lease on life are grateful for the new discoveries in cardiac surgery that are helping more people every day.

A recent development is the so-called "open heart" surgical procedure for which quantities of fresh whole blood is necessary for use by the pump-oxygenator. This machine takes over the functions of the heart and lungs during cardiac surgery, allowing the surgeon better conditions and a longer period of time in which to operate. It requires fresh blood taken the day before the operation.

As a general policy, a Mended Heart may not give blood. Therefore, we appeal to our good friends to help by signing up as "Walking Blood Donors."

This blood bank does not conflict with any other, as it is for emergency use only. You will be called only if your type of blood is needed and cannot be obtained through regular channels.

You would come to the Donor Clinic the day before an open heart operation, for blood must be meticulously cross-matched with that of the patient. Since it is important to be able to call on you without delay or inconvenience, your type must be known as soon as your name is placed on the list. With your specific type on record, the doctors can plan open heart surgery, confident that the necessary blood will be available.

A large amount of blood is needed for each operation, so we are very anxious to increase our list of potential donors. If you cannot come when called, the next name on the list will be contacted.

It is impossible to overestimate your contribution when you give blood for open heart surgery. The assurance that the doctors have potential donors who understand and appreciate the peculiar problems of open heart operations as contrasted with the normal problems of blood transfusions will contribute to the rapid advance of cardiac surgery.

Please note that our "Walking Blood Donor" list will be available to all surgeons in Greater Boston for use in open heart operations. Boston is being used as the pilot area for this Mended Heart sponsored program. We hope in the near future to set up similar programs, with the assistance of our members and chapters, in other parts of the country where open heart surgery is being performed.

The Peter Bent Brigham Blood Bank is cooperating with us in this effort and will type your blood without charge so that the necessary data will be available.

This is an urgent appeal. We need your help.
Snoopy

GREETINGS TO ALL THE "MENDED HEARTS"

from the Washington 1982 Convention Booklet
Recognition

from The Congressional Record

THE MENDED HEARTS, INC.

HON. PETE V. DOMENICI
of New Mexico
IN THE SENATE OF THE UNITED STATES
Friday, July 15, 1977

Mr. President, few of us have been untouched by heart disease - members of our families, close friends, perhaps even ourselves have been victims. The American Heart Association estimates that over 28 million Americans are affected with cardiovascular disease, and one million deaths a year are attributed to it. This is more than from all other causes combined. For most, there are no cure-alls, yet medical specialists have determined that for some 80,000 persons annually in the United States, heart surgery can be performed which may correct their problem. However, as with all surgical procedures, there are risks involved, and the physical and psychological torment preceding the operation may be immense. The patient and his or her family need reassurance and guidance, not knowing where to turn.

Recently, I have become aware of an organization which attempts to fill the needs of the patients and their families. The organization, The Mended Hearts, Inc., is a voluntary affiliation of persons throughout the world who have undergone heart surgery. This worthy organization was started in 1951 by 4 post-surgery heart patients who wanted to share their experiences and advice with those who were to follow the same painful path.

Today, there are over 8,000 members including those who have undergone heart surgery and those associates interested in the cause. The objectives of the organization are manifold - to distribute information, provide advice and services to patients, and assist in established rehabilitation programs. Another very important objective is to cooperate with the American Heart Association to assist in their heart fund drives and other activities.

In cities where heart surgery is performed, doctors, nurses and other hospital personnel welcome these trained and accredited visitors who answer non-medical questions sit with families during surgery and offer encouragement with empathy possible only from a recovered heart surgery patient.

Members active in a chapter of Mended Hearts, Inc., headquartered in Albuquerque, have often offered their services to many New Mexicans. I mention the organization today to share with my colleagues the nature of this service in order to make this information available to others who have similar needs.
COMMONWEALTH OF VIRGINIA
GENERAL ASSEMBLY

HOUSE JOINT RESOLUTION NO. 720

Commending The Mended Hearts, Inc.

Agreed to by the House of Delegates, January 19, 2001
Agreed to by the Senate, January 25, 2001

WHEREAS, The Mended Hearts, Inc., a nonprofit organization dedicated to inspiring hope in heart disease patients and their families, was founded in 1951 by four cardiac patients in Boston, Massachusetts; and

WHEREAS, in the intervening half-century, The Mended Hearts, Inc., has grown into an organization of about 25,000 members in nearly 300 chapters throughout the United States and Canada; and

WHEREAS, The Mended Hearts, Inc., offers encouragement to heart disease patients and their families by visiting patients and families, distributing educational information, maintaining educational and social programs at the local level, and assisting physicians, nurses, and other health care professionals; and

WHEREAS, The Mended Hearts, Inc., also cooperates with other organizations in educational and research activities, assists established heart disease rehabilitation programs, and is affiliated with the American Heart Association; and

WHEREAS, The Mended Hearts, Inc., chapters in Virginia—Chapter 16, Blue Ridge Mended Hearts in Lynchburg; Chapter 28, Central Virginia Mended Hearts in Richmond; Chapter 63, Norfolk Mended Hearts, Chapter 119, Virginia Peninsula Mended Hearts in Newport News; Chapter 135, Central Shenandoah Mended Hearts in Harrisonburg; Chapter 144, Roanoke Valley Mended Hearts in Roanoke; Chapter 148, Franklin County Mended Hearts in Rocky Mount; Chapter 173, Mended Hearts in Winchester; Chapter 200, Northern Virginia Mended Hearts in Alexandria; Chapter 223, Virginia Beach Mended Hearts; Chapter 256, Potomac Mended Hearts in Alexandria; Chapter 283, Martinsville Mended Hearts; and Chapter 270, Bedford Mended Hearts—have more than 1,600 members dedicated to sharing their experiences and giving hope to others; and

WHEREAS, the members of The Mended Hearts, Inc., are living reminders that heart disease is survivable, that cardiac surgery can result in a new lease on life, and that heart disease patients can continue to lead full and rewarding lives; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly commend The Mended Hearts, Inc., for its invaluable efforts on behalf of heart disease patients and their families throughout the Commonwealth and across the nation; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare copies of this resolution for presentation to all Virginia chapters of The Mended Hearts, Inc., as an expression of the General Assembly's appreciation and admiration for this exceptional organization.

House Patron: Weatherholtz

Clerk of the House of Delegates
### Presidents

<table>
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<th>Name</th>
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<td>Doris Silliman* - Founder</td>
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* Deceased  
+ Died before installation  
# Joe Amato as Executive Vice President completed term
Pictures of Presidents

Doris Silliman  Walter Ahernathy  Paul LaJeunesse  Martha Finn  Ida Charkoff  Gertrude Wilfert
Margaret Collins  Evelyn Ray  Fred Howard  David Carron  Emanuel Spielberg  Elmer Gannage
Gene Bishop  Jerry Gable  Grady McCool  Milton Perez  Joe Amato  Bob Dacey
Jim Cooley  Don Skinner  Milan Underwood  Charles Christmas  Donna DeLeese  Fulton Johnson
More Pictures of Presidents

Presidents Ray, Gammage, Spielman, Wilpert, Finn
San Antonio, 1978

President Gammage
Doctor Harken
Houston, 1976

Presidents Gammage, Conley, Finn, Skinner, Underwood
Seattle, 1997

President Gammage
Doctor Cooley
Houston, 1976

Presidents Finn, Christmas, Gammage, Skinner
Seattle, 1997

On the road, Denna DeLeese visits Helen Powlowski in Toledo, 1999
## Conventions

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### National Convention Directors over the years

- Jerry Goble
- Joe Amato
- Erie Messenheimer
- Margaret Elbert
Max Farrar (Chapter 38, Houston, TX) was named “Mr. Mended Hearts” in 1974.

Before the establishment of the Mended Heart of the Year Award, Ellnor Gammage (Chapter 54, Amarillo, TX) and Gene Bishop (Chapter 73, Long Beach, CA) had been named “Mended Heart Personality of the Year”.
Regions
Regional Directors

Northeast Region
Bill Kubizne  RD
Barbara Cecco  ARD
Raul Fernandes  ARD
Ron Tuttle  ARD
Jack Walsh  ARD

Mid Atlantic Region
Glyndon Bailey  RD
Sandra Mizner  ARD
Bill Nagy  ARD
Bill Neal  ARD
Dennis Ragan  ARD
Arnie Trope  ARD

Central Region
Larry Andry  RD
Mary Maguire  ARD
Phil Schmutz  ARD
Jill Snyder  ARD
Jana Stewart  ARD

Southern Region
Gladys Bobnar  RD
Gertrude Arceneaux  ARD
Len Cochran  ARD
Evelyn R. Klawunn  ARD
Sharon Livingston  ARD
Donnette Smith  ARD

Midwest Region
Lillian Bornack  RD
Walter Bornack  ARD
George Dunkelberg  ARD
Jack Hanahan  ARD
Wayne Lawson  ARD
Jack Meyer  ARD
Hank Milbrad  ARD
Grace Port-Hagedorn  ARD
Joanna Pucel  ARD

Southwest Region
Mary Shilcutt  RD
John Copeland  ARD
Priscilla Daetwyler  ARD

Northwest Region
Jo Shepherd  RD
Dominick Ferraro  ARD
Cathy Rinaldi  ARD

Western Region
Tita Hutchens  RD
Virginia Biteman  ARD
Dale Briggs  ARD
Harvey Brockmeyer  ARD
Marvin Lied  ARD
Bob Sheldon  ARD
Jeanie Switzer  ARD
Jeanice Varndell  ARD
| Chapters |
|-------------------|-------------------|-------------------|
| 3-Minneapolis MN | 54-Amarillo TX    | 110-Fremont CA    |
| 4-Oklahoma City OK| 55-Auburn CA      | 111-Lima OH       |
| 5-Poughkeepsie NY| 56-Morris County NJ| 112-Lancaster CA  |
| 6-Hattiesburg MS | 58-Dubuque IA     | 113-Reno NV       |
| 7-Youngstown OH  | 59-Akron OH       | 114-Fort Collins CO|
| 8-Tulsa OK       | 60-Fort Lauderdale FL| 115-Lexington KY  |
| 9-Hartford CT    | 61-Dayton OH      | 116-Tucson        |
| 10-St. Cloud MN  | 62-San Diego CA   | 117-Myrtle Beach SC|
| 11-Louisville KY | 63-Norfolk VA     | 118-Sheridan WY   |
| 12-Temple TX     | 64-Fort Hood TX   | 119-Newport News VA|
| 13-Albany NY     | 67-Suffolk County NY| 120-St. Louis MO |
| 14-Honolulu HI   | 68-Phoenix AZ     | 121-Ocala FL      |
| 15-El Cajon CA   | 69-Bellefontaine OH| 122-Sandusky OH   |
| 16-Lynchburg VA  | 70-Port Arthur TX | 123-San Bernardino CA|
| 17-Salinas CA    | 71-Columbia SC     | 125-St. Charles MO|
| 18-Lake Charles LA| 72-Houma LA      | 126-Scottsdale AZ |
| 19-Canton OH     | 74-Geneva IL      | 127-Cookeville TN |
| 20-Boston MA     | 75-Bozeman MT     | 128-Downingtown PA|
| 21-San Jose CA   | 76-Jackson MS     | 129-Joliet IL     |
| 22-Santa Barbara CA| 77-Bakersfield CA| 130-Olympia WA    |
| 23-Greenville NC | 78-Indianapolis IN | 132-Cheyenne WY   |
| 24-Knoxville TN | 79-Orange CA      | 133-Great Falls MT|
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| 26-San Mateo CA | 81-Atlanta GA     | 135-Harrisonburg VA|
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| 35-Cincinnati OH | 90-Des Moines IA  | 144-Roanoke VA    |
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| 37-Springfield MA| 92-Fresno CA      | 146-Joplin MO     |
| 38-Houston TX    | 94-Washington DC  | 148-Rocky Mount VA|
| 39-Fargo ND      | 96-Helena MT      | 149-Lakewood CA   |
| 40-Stockton CA   | 97-Tupelo MS      | 150-Pensacola FL  |
| 41-Sioux City IA | 98-Flint MI       | 152-Arlington TX  |
| 42-Denver CO     | 99-Jefferson City TN| 153-Beaumont TX  |
| 43-St. Petersburg FL | 100-Toledo OH | 154-Sudbury ON   |
| 44-El Paso TX    | 101-Ventura CA    | 155-Santa Cruz CA |
| 45-Nassau County NY| 102-Elk Grove IL | 156-Kingsport TN  |
| 46-Eureka CA     | 103-Modesto CA    | 157-Cumberland MD |
| 47-Peoria IL     | 104-Duluth MN     | 158-Tulare CA     |
| 48-Buffalo NY    | 105-Roseville CA  | 159-St. Louis MO  |
| 50-Rochester NY  | 106-Chicago IL    | 161-Hollywood FL  |
| 51-Zanesville OH | 107-Evansville IN | 162-Hayward CA    |
| 52-Lawton OK     | 108-New York NY   | 163-Charleston WV |
| 53-Elgin IL      | 109-Mansfield OH  | 165-Albany GA     |

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10 Granite City Beaters
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14 Nūleka Pu’uwai Ho’ōla ‘Ia
15 No Missed Beats
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17 Heart to Heart
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Chapter
Newsletter
Chairman
Jim Gosline

Chapter
Newsletter
Chairman
Jim Gosline
MENDED HEART VISITOR

Visiting a hospital is not fun
There are pleasanter things that can be done
It is not a place where you can be glad
You are far more likely to become sad.

There's a lot of worry to be seen
Many thoughts of what might have been
The faint false smiles of someone brave
The path of hope they are trying to pave.

There are the patients from out of town
No one close when they feel down
Those alone with no one dear
None to give hope and allay their fear.

Heart surgery patients fit this display
Their visitors don't know what to say
They are quite alone in their own mind
Searching for something they cannot find.

It sounds like an unpleasant day ahead
For a hospital visitor and a patient in bed
So why pay a visit, why not stay away?
You could relax, have fun, be happy and gay.

The reason we visit as a Mended Heart
We, only, can give this heart a head start
We can instill the hope and a forward look
We are there to read like an open book.

They know we've been where they are now
They can see we've gone through it all somehow
They can know what has been done for us
We can explain our living without any fuss.

The Mended Heart visitor is someone unique
He only wants to give, he does not seek.
A happy smile is his great reward
A gleam of hope in an eye off guard.

Some are lost - we know not why
Our time is set by our God on high
They had gone to surgery with hope, not dread
Because of what a Mended Heart had said.

Is it not better to give help of this kind
Than to have them only with fear on their mind?
Their chances are better, everyone does accede
When to our looks and our talk they do pay heed.

A Mended Heart visitor must have some grit
There are times we all would like to quit
Our smile must be bright, our hurts we hide
What we do is right, we can take pride.

A Mended Heart visitor, what more could he ask?
He has helped a heart surgeon in his great task
He knows he has helped some to live
With just the little bit he had to give.

That's why a Mended Heart visitor is a happy soul
He is one Step closer to reaching his goal
To defray the debt he incurred on his way
"It's great to be alive and help others," he'll say.

MENDED HEARTS

Heart surgery, they said, was the only way
The bottom dropped out of the world that day.
We never had been so frightened before
For we did not know what lay in store.

The surgeons performed their difficult feat
When the Good Lord smiled and made it complete.
Recovery was next in the scheme of things
Cared for by nurse angels who had no wings.

We now are all well, happy and gay
We are ever so grateful, but what to say
We are in debt to all from bottom to top
Shall we just say thanks and let it drop?

That is not enough, more can be done
But it isn't easy when you're only one
So a group we formed to better do our parts
We call ourselves The Mended Hearts.

We remember our fear and how it was with us
We visit and encourage without any fuss
We show what successful surgery has done
We are really living and it's only begun.

We reach out to the patient and hope we give
The courage to fight and the will to live,
The care that's so fabulous it's hard to explain
The wonderful life when they're all well again.

The Mended Hearts live up to this creed
We try to give for all we received.
Our thank you will be the way that we live
The help we can offer and the hope we can give.

The thank you we give the Lord will record
The hospital staffs will receive their reward
For the great help that was given we but offer a token
We can never repay with words we have spoken.

The Mended Hearts motto we sing and we shout
It really tells what our aims are about
It has brought us together like sisters and brothers
We say, "It's great to be alive and to help others."
MENDED HEART?

"I had an operation," he is happy to tell
He was all alone and went through hell
Successful heart surgery has made him strong
To our point of view his thinking is wrong
He is not a Mended Heart.

He was ignored, no comfort he had
He received some care, but it was all bad
He had only his courage to see him through
This tale of his he swears is true
He is not a Mended Heart.

They left him alone to prepare his own way
For the ordeal that awaited on another day
He was so brave to stand the strain
That only he could ever bear such pain
He is not a Mended Heart.

His terrible time he will gladly mention
He'll show his scars to gain more attention
Only his fortitude kept him alive
Anyone else would not survive
He is not a Mended Heart.

He ignores the fact of the others involved
He believes he, only, his problems had solved
He'd been all alone and now that it's done
There is no need to thank anyone
He is not a Mended Heart.

He does not remember the surgeon's skill
Nor the nurse's concern when she handed a pill
No regard for the family who stood more than he
No mention of the Good Lord who let him be
He is not a Mended Heart.

He is not in debt, he is happy and free
He owes no one, he'll make you see
He's too self-centered to really care
A lot of us had already been there
He is not a Mended Heart.

He's a Mended Heart, he will proudly proclaim
In his search for sympathy and some more fame
This is something we find hard to believe
He wants not to give, but only to receive
He is not a Mended Heart.

This type of man lives half our creed
"It's great to be alive", he will accede
"And to help others" - this part he ignored
The time for this he cannot afford
He is not a Mended Heart.
THE TIME AHEAD

What shall I do with the time ahead
That I would not have if I were dead?
Life would go on in the world, you see
If the Good Lord above hadn't let me be.

I would have no need for money or gold
No need to worry about my growing old
I would have no time for family and friends
All things on earth would have reached their ends.

Now this time ahead was a gift to me
The Lord asked for nothing - this was free
How best can I use it, both wisely and well?
I can pass on hope, when my story I tell
Your loved ones and others who really care
The time ahead should be willing to share
With those who need the will to live
For all we received, this is little to give
We could use all our time to put money in banks -
Where then will we find the time to say thanks?
We go after this money with all of our drive
We've received more than money - we are alive!

This second lifetime is given to few
These bonus days are free to me and to you
My time will be used to help in some way
Any time I have left, my thanks I shall pray.

What better use for our time ahead
Than to live what the others before us have said
The sons, die daughters, the fathers, the mothers
Boast - "It's great to be alive and to help others.

A MENDED HEART’S PRAYER

We ask for your blessings, Lord:
We ask for strength
that we may pass it on to others...
We ask for faith
that we may give hope to others...
We ask for health
that we may encourage others...
We ask Lord for wisdom
that we may use all your gifts well.

WHAT ARE YOUR ANSWERS?

Did we receive a second lifetime, a brand new start?
Did the Good Lord give us a Mended Heart?
Do you think this is something He owed us all?
Do you think He left us to await His call?
Are there other people who have a great need?
Is this something He would have us heed?
Should we help someone else along the way?
Could this be a part of our debt to pay?

What's the difference between life and living?
It is the unselfish action, the unselfish giving.
To give of one's self to help ease someone's way
Without this deed a life has gone astray.

WHY? (Mended Heart)

Why do I dream about tomorrow?
I could have time for self-pity or sorrow
I guess it's because I'm here today
I'm just so happy God let me stay.

Why do I make plans for future days?
So much can happen in so many ways.
No reason I can't, I've nothing to lose
So I'll live my life the way I choose.

Why don't I just sit down and worry?
I'll do that later, there is no hurry
Right now I'm much too busy living
My time is much better used in giving.

Why do I give help to a stranger?
Someone helped me out of my danger
I can try to do something to pay my debt
I owe to Someone I have not met.

Why don't I just go my own merry way?
Who would know what I'd done this day?
I would know, and the One above
I cannot betray His trust and love.

Why do I think this crusade is my own?
For to earthly life I am merely on loan
So I know I must do whatever I can
To try to give courage and help to man.

Why do I dream about tomorrow's sun?
I'm a Mended Heart, there's a lot to be done
I try to realize all men are my brothers
Gee, it's great to be alive and help others.
PATIENT AND VISITOR

"Thank you so much; I feel quite relieved."
A Mended Hearts visitor and his story were believed.
To a fearful patient, relief has been given
By an ex-heart-patient, alive and living.

The patient says, "Thanks for the hope you brought,
For the time you spent and your helpful thought
The cheer you brought, the gloom you helped erase
The time you could have used some other place."

He doesn't realize it's not our time alone
The Good Lord gave it to us as a loan
Would we live as we promised in the prayers we made
Or don't they now fit in new plans we've laid?

We are the most important, no other need we heed
Is this what we promised when our help we received
Might we not have said, "Just make me well,
I then can help others with the story I'll tell."

The patient looks forward to each visit again
To strengthen his hope on the foundation you've lain
To make sure he heard - "Everything will be all right"
From someone who'd been there, and won the fight.

In 1964 Herbert G. Maedl was the first person to survive
triple-valve open heart surgery.
After his recovery, he devoted his “second lifetime”
to visiting and encouraging many other heart surgery patients.
Memories

Scranton, PA
Read any good billboards lately?

Irish eyes are smiling in Anaheim.

An AHA Heart Walk.

What it’s all about - a new visitor.


Members of chapter 241

Good friends around the banquet table.

A convention-ending spectacular.

Good friends.

Huggie pillows

Happy Birthday, Mended Hearts!
THE MENDED HEARTS, INC.

Founded 1951 Incorporated 1955

"THIS IS YOUR LIFE",
MENDED HEARTS

1972-20th ANNUAL CONVENTION-1972

JUNE 12-16, 1972

BOSTON, MASS.