PRESIDENT’S COLUMN—Betty Drinkard

And a good time was had by all (at the picnic on July 28 at the Alliance Church)! I had such fun that I didn’t want to go home — I wanted to do it again! An a Bog round of applause goes to Jean Blankenship, Carol Bryant, Nelson and Ruby Davis, and all their little helpers (you know who you are). An extra Big Thank You to Dave Blackburn and his Sweetheart for being so gracious and hospitable — We could not have had it without you!

Since our six representatives returned from the National Convention in San Antonio, (Dallas and Frances, Laurel and Bill, and Nelson and Ruby) we are very much looking forward to reading their input about the conference in future newsletters. Conference attendees are required to share this information.

With the exception of Fred Mayer (who was recently installed as our new Treasurer for the next two years), the remaining officers for 2019 will be installed at our Christmas Banquest in December. Betty Skoldal, Nominating Committee Chair, will do the installation. Be sure and put Saturday December 15 from 12 Noon to 3:00 pm at Eagle Eyrie on your calendar. It’s always nice to have something special for which to look forward.

So keep up the good job you special Mended Hearts Members. You are very much appreciated! We’ll see you at the General Meeting on Thursday September 27.

Still proud to be your President.

Heartfully,
Betty

Jackie Carver—Program Chair

2018 Program Calendar

August — No Meeting

September 27, 2018, 1:00 p.m. to 3:00 p.m., Pearson Cancer Center — Dr. Brinder Kanda, “Mitral Clip"

October 25, 2018, 1:00 p.m. to 3:00 p.m., Pearson Cancer Center — Susan Clapp, “Peripheral Artery Disease”

November 15, 2018, 1:00 p.m. to 3:00 p.m., Pearson Cancer Center — Judith Taylor, PA, “Atrial Fibrillation”

December 15 (Saturday) 2015 Luncheon Meeting 12:00 p.m. — 3:00 p.m., Eagle Eyrie, Christmas Social

If you want to read the newsletter and do not have or use a computer, ask a family member or friend to print it for you. If you have not given Chapter #16 your Email address, please send it to Dan Cousins at dpc637@gmail.com. This will save mailing cost and get you the newsletter earlier.

To access the Chapter #16, Blue Ridge Mended Hearts monthly newsletter, use the web link listed below.

Centra link; www.centrahealth.com/mended-hearts-newsletters
The 2018 Mended Hearts National Education and Training Conference was held July 14 — 18 at the Hyatt Regency River Walk in San Antonio, Texas. Chapter #16 sent six people to the conference (Laurel & Bill Dodgion, Nelson & Ruby Davis and Dallas & Frances Scott with Mr. Dillon). We attended classes for four days and bring that information back to you. I particularly enjoyed the classes on changes in Cardiac Rehab and Discharge Class Training. I found that many of the procedures that were discussed are already being performed at Lynchburg General Hospital. I did get the opportunity to discuss my two heart attacks as the Patient Testimonial for Heart Attack Warning Signs. The Closing General Session on Innovation in Cardiovascular Therapy on the Horizon was of particular interest to me. Many of the procedures performed by the surgeons today will be greatly improved in the next five years. Although we only had six members attend the conference, Chapter #16 was the Third largest chapter represented at the Conference. If you are thinking of attending a conference in the future, I know you will come away with enthusiasm, enlightened and encouraged to continue helping Cardiac Patients cope with their new reality as Cardiac patient survivors.

If you have any comments on this newsletter, please feel free to send them to me at: dallas.t.scott.va@gmail.com. I can also be reached at (434) 610-4314. Please feel free to email me or call me.

Dallas Scott, Editor
Accredited Visitor
434-610-4314
dallas.t.scott.va@gmail.com

The least productive people are usually the ones who are most in favor of holding meetings. Thomas Sowell

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Danger in the routine: Strive for awareness in every day tasks

This has happened to you. Get in the car. Drive to work. Arrive at work. Wonder how you got there. You may have no memory at all of the trip you take every day. When you do the same tasks many times, awareness of the moment may slip away. It might not be so important if you are vacuuming the rug, but situational awareness is crucial in the workplace. Routines are actually good for productivity and performance. For example, workers routinely don their personal protection gear, check into work, get started on their jobs. According to a 2011 study by Hebrew University, this type of routine behavior confers feelings of safety and confidence. But the reality is that even routine tasks have different hazards and risks every day, and a feeling of safety can be misleading. This was first noticed in 1935 in the aerospace industry. The most experienced pilots were introduced to new, more complex aircraft. Flying a plane was routine, but as the pilots concentrated on the dials and lights of new technology, suddenly there were a series of crashes. According to Susan L. Koen, CEO of RoundtheClock Resources, it turned out that the pilots completely forgot to attend to basic protocols of aircraft operation. In response, Boeing developed a checklist to be completed by pilot and co-pilot before takeoff. Koen told Safety and Health Magazine, "It's not the step-by-step checklist alone that produces performance reliability in aviation. Rather, it's the recognition among pilots that they're fallible. It's the commitment to not operate from memory, because human memory is not reliable." According to Colorado insurance group Circa, individuals should take personal responsibility for safety in the workplace. Don't assume safety is someone else's job. Personally respond to unsafe situations and help others with potentially hazardous tasks. Take note of the work conditions and the people around you. Don't take shortcuts. Shortcuts introduce a new risk into a routine task.

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CARES & CONCERNS: Judy and Wayne Toler, Co-Chairs

- Dan Cousins is recovering nicely from surgery.
- Lorraine Shepley is having eye surgery on August 9th.
- Larry Shepley is having knee replacement on August 29th.
- Ruby Davis has pneumonia
- Judy Toler's sister, Pat Henry is recovering nicely from her Liver Transplant.

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Mended Hearts™ 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 of your gifts well.
ESTHER TUCKER — DONATIONS & GIFTS

Donations made to Chapter #16:
♦ Surgery Anniversary donations
♦ 50/50
♦ New Members
♦ Belk Charity Day
♦ Membership Dues
♦ Memorials
♦ Lila Rosenthal

Donations: We appreciate all donations to Chapter #16. Thank you so much!

Please send your memorial gifts to:
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg VA 24501

**BE SURE TO CONSULT YOUR DOCTOR***

The Blue Ridge Heartbeat is written for the education and information of our members and others concerned with heart health. It is not or intended to be a substitute for the advice of your own physician. Contact your doctor or health professional about any of your symptoms or concerns. Don’t try anything new without consulting your doctor first.

AUGUST 9TH
BOOK LOVER’S DAY

VISITING REPORTS

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July is now our third busiest month so far for Mended Hearts Visitors. You have made a difference in 183 patients’ and families’ lives. Keep up the great effort! You make an impression with each visit and improve the likelihood that patients’ and families’ lives will be improved by your visit.

Meet and Greet Welcoming Registration folks
Hospitality Chair—Ruby Davis 434-845-5245

2017 Greeters

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“These true or false questions...do you want the real truth or the truth according to social media?”
ADAPT! OVERCOME! PERSEVERE!
The Voice of Enrichment
by Carolyn Lee Peerman

Change your life for the better. If you love life and believe that you are doing what you were born to do, you will be going in the right direction. Ignore the punches, criticism, and insults. In the midst of disappointments, keep on standing tall. When your heart is broken, make it into an art. You will be stronger than ever.

You will succeed as long as you keep your confidence and apply it to whatever you do. Remember that there is no one else in the world like you. You have a unique gift to contribute to the world that no one else has. You are one of a kind. You have an obligation to be the distinct individual that the world is looking for. An entrepreneur or influencer is someone who takes the risk, holds steady, and reaps the reward. Be the one who would rather travel over rough water than take on the smooth.

Each and every person is woven into an unfathomable tapestry with each thin strand a necessary part of the whole.

Treat every person you meet, no matter what his or her station in life, with the dignity of a king. Just the help you desperately need will come to you not by coincidence but by design. So what if you are thirsty. You be like a refreshing river that gives life to everyone else and quenches their thirst.

Carolyn Lee Peerman
103 Lookout Drive
Lynchburg, Virginia 24502
434-237-1385
cwpeerman@gmail.com

What I Know: “By Endurance We Conquer” Sir Ernest Shackleton
by Carolyn Lee Peerman

“Never give up, don’t be afraid to lead, follow your gut, and remember, it’s about people,” said Sir Ernest Shackleton to Luke O’Neill in an interview with The Wall Street Journal. In case you haven’t heard of Sir Ernest Shackleton, he has been called “the greatest leader that ever came on God’s earth, bar none” for saving the lives of the twenty-seven men stranded with him on an Antarctic ice floe for almost two years from 1914 to 1916. Their ship, Endurance, was wrecked in the crushing ice and sank leaving them stranded twelve hundred miles from civilization with no means of communication and no hope of rescue. The men could hear water freeze because the temperatures were so low. They ate a diet consisting of penguins, dogs, and seals. Finally when the ice began to break up, Shackleton set out to save them all sailing in little more than a rowboat on his heroic eight-hundred-mile trip across the frigid South Atlantic. Because of Shackleton’s leadership, every man survived not only in good health but also in good spirits. What an accomplishment!

What a man to continue under hardship without being overcome!

“No words can do justice to their courage and their cheerfulness. To be brave cheerily, to be patient with a glad heart, to stand the agonies of thirst with laughter and song, to walk beside Death for months and never be sad — that’s the spirit that makes courage worth having. I loved my men,” said Shackleton in summing up the trials that his men on the Endurance had survived. Shackleton put people first. Above all else, that was the secret of his success. He cultivated a sense of compassion and responsibility for others. He created an upbeat environment even in the midst of the most trying circumstances. Moreover, he did not insist on reaching a goal at any cost. The goal was to be reached at a reasonable expense without undue hardship for his men.

Geologist G. Vibert Douglas said of Shackleton “He led, he did not drive.”

Shackleton’s commitment to his men was total. He protected them from physical and psychological harm. Shackleton treasured his men. He earned and retained their loyalty. “The men had only one asset, and that was each other. There were no other people for thousands of miles. In that circumstance, the pressures of that situation, you could either fracture and divide or weld into a tight group. Shackleton’s amazing achievement is he always got things to go in the direction of staying together,” said Richard Danzig, appointed U. S. Secretary of the Navy in 1998. “He didn’t care if he went without a shirt on his own back, so long as the men he was leading had sufficient clothing. He was a wonderful man in that way; you thought the party mattered more than anything else,” said Lionel Greenstreet, officer, Endurance.
Board Meeting Happenings: July 2018
The Mended Hearts Chapter #16 Board of Directors did not meet in July.

July 2018 General Membership Meeting
There was no July General meeting.

Pictures from 2018 Education and Training Conference
THE IMPORTANCE OF BEING

Article by Carolyn Lee Peerman

Wow! What powerful words! What is there in your being that you have to give? Giving is the road to blessing.

Laughing is a tonic for your soul. Thinking is the source of understanding. Praying is the greatest power under heaven.

Friendliness is the road to good relationships. Loving is the fulfillment of a God-given need. Playing is the secret of a youthful spirit. Reading is the fountain of wisdom and knowledge.

When your heart is right you will adopt habits that can enhance your chances of success. You will take calculated risks that may seem daring but are actually playing out informed hunches. When your heart is right you will know how to turn problems into opportunities. When your heart is right you will know when to back off. When your heart is right you will know how to reach out to people. When your heart is right you will know how to use persistence creatively.

Finally, when your heart is right you will know that luck is often spelled w-o-r-k.

A radiant and encouraging person takes whatever comes his or her way and makes the best of it. He lives in the present. He is willing to try new and easier ways of doing things instead of clinging rigidly to old ways that are no longer best. He is still eager to learn. Furthermore, he pays attention to how he looks and is always well-groomed and becomingly dressed. He has a lively interest in what is going on in the world and reads enough to keep up with important happenings.

A person of quality knows what to forget and what to remember; a person of quality seeks the goodness in a bad man or situation. A winner possesses ideas. A winner rebukes and forgives. A winner knows that the only true authority is moral authority.

Togo, the unrequited hero of sled dogs

Courage, leadership, loyalty--Togo the Siberian Husky had them all, though he started his life as a sickly pup and was then repeatedly rejected for the sled because he was too rowdy.

But Togo showed them all. First, when given away as a pet, Togo jumped through a glass window to return to his musher. There, Togo got in dog fights and repeatedly broke out of his kennel to follow the sled. Finally, at 8 months old, he was given a chance in the team. He was a natural leader.

In 1925, 20 mushers were given the task of relaying diphtheria serum more than 600 miles to Nome, Alaska. The heroic feat was a test for man and beast in January with temperatures at 40 below zero and white-out conditions. Then 12 years old, Togo led his sled 365 miles round trip across ice, up a mountain, and a swim through ice floes, during which he saved the team’s lives. Although the well-known and also heroic sled dog Balto received most of the fame for completing the last leg of the trip, it was Togo whose work is generally acknowledged as the hardest.

His owner and musher, Leonhard Seppala, was crushed that Togo’s feat of courage and endurance was less recognized than Balto’s. Seppala and Togo retired to Maine after many wins in the musher world.
Recipes for Healthy Living

Ancient spice combines with chocolate for a sweet treat

More than 4,000 years ago, tumeric was being used to spic up food and make medicines in India.

Today, the spice is still an important crop in India, which produces nearly all of the global supply. About 80 percent of tumeric is used in-country to flavor and color food, enhance cosmetics, and make holistic medicines. It is widely used in South Asian, Middle Eastern, and South African cuisines and is notable for its use in curries and rice.

Recent research on two chemical compounds found in the plant have shown some promise for future treatment of Alzheimer's disease, according to the Alzheimer's Society. One chemical, curcumin, has shown some effect on amyloid-beta plaques found in the brains of Alzheimer patients. The other chemical, turmerone, has been shown to stimulate stem cells into making new brain cells, potentially aiding neurogenerative diseases.

Here's a recipe from Paleohacks.com for a sweet, but nutritious dessert featuring Turmeric:

**Chocolate Turmeric Truffles**

**Ingredients:**

1 cup unsweetened, shredded coconut
1/2 cup raw honey, softened
1 tablespoon coconut oil, melted
1 teaspoon ground tumeric
1/4 cup dark chocolate chips
1/4 teaspoon sea salt

**Instructions:**

Mix all dry ingredients together and ensure the coconut is evenly spiced. Next, pour in the coconut oil and honey and stir until completely mixed. Roll the mixture into several small balls (whatever size you'd like) and then place them on a parchment paper-lined baking sheet in the freezer for 10 minutes. Melt the dark chocolate in a saucepan and then drizzle it over the balls once they are finished setting-up in the freezer. Allow to defrost before enjoying.

The legendary benefits of vaccines

Few public initiatives have improved health like vaccines, scientists say. According to the Centers for Disease Control, during the last two decades, childhood vaccines have saved the lives of 732,000 children and prevented more than 300 million from getting sick. One example of the incredible health success of vaccines is the impact of the measles vaccine. The measles vaccine is 97 percent effective at preventing the disease. That's important because for every 10 children infected with measles, one develops an ear infection that can lead to permanent hearing loss. For every 1,000 children with measles, one or two will die. These benefits, plus saving your child from a miserable illness, make the measles vaccine one of the most important public health initiatives. Other accomplishments of vaccines: A 2011 study found that the rotavirus vaccine prevented 65,000 U.S. children from being hospitalized with rotavirus since 2006, according to Live Science. About 3 percent of children get a mild, chicken-pox-like rash after the first dose of the pox vaccine, according to the CDC. These children average two to five lesions, compared with the typical 250 to 500 lesions found in children who contract the actual illness, according to the Immunization Action Coalition (IAC). Chicken pox can cause serious complications, including bacterial infections of the skin, pneumonia, inflammation of the brain and blood stream infections, according to the CDC. Before the vaccine, about 4 million cases of chicken pox in the United States put an estimated 11,000 people in the hospital. About 100 people every year died from the disease, the IAC said. After the introduction of the chicken pox vaccine, cases of the disease fell nearly 80 percent in the U.S. over a decade, according to a 2012 study.
Blue Ridge Mended Hearts Chapter #16

Visiting Program Chairman: Dan Cousins

Your Visiting Committee:

Visiting Assignments: Laurel Dodgion
Patient packs & bags: Visitors
Follow up Telephone Calls: Committee
Training: Members
Data Collectors: Dan Cousins

Ad Hoc Committees:

Standing Committees:
- Nominating — Betty Skoldal, Past President
- Membership — Laurel Dodgion
- Celebrations & Concerns — Judy & Wayne Toler
- Photographer — Carolynn Peerman
- Publicity & By-Laws — Betty Drinkard
- Program — Jackie Carver
- Socials — Jean Blankenship & Carol Bryant
- Hospitality — Ruby & Nelson Davis
- Newsletter — Dallas Scott
- Visiting Chair — Dan Cousins
- Health Fairs — Dave Blackburn
- Anniversary Dinner — Ruby Davis
- Hearts of Fame — Laurel Dodgion
- Speakers Bureau — Betty Drinkard
- Financial — Fred Mayer
- Golf Committee Chair —
- Historian — Betty Skoldal, Past President

Chapter #16 Leaders

President: Betty Drinkard 434 525-2852
1st Vice President: Laurel Dodgion 434 525-0475
2nd Vice President: Dave Blackburn 434 238-0528
Secretary: Esther Tucker 434 239-4587
Treasurer: Fred Mayer 434 610-1733
Asst. Treasurer: Nelson Davis 434 845-5245
Publicity: Betty Drinkard 434 525-2852
Health Fairs: Dave Blackburn 434 237-6581
Cardiac Staff Advisor: Cindi Cole 434 200-6701
Staff Editorial Advisor: Michelle Adams 434 200-7062
Immediate Past President: Carol Bryant 434 384-5982
Newsletter Editor: Dallas Scott 434 610-4314

Volunteer Liaison: Betsy Mudie 434 200-4696
Director of Volunteer Services — LGH/VBH

Medical Advisors:
- Ken Saum, M.D. 434 528-2212
- Mark Townsend, M.D. 434 200-5252
- Curt Baker, Centra V.P. 434 200-3215

Chapter #16 Office (voice mail) 434 200-7611

National Mended Hearts

National President: Donette Smith
www.mendedhearts.org

Mid-Atlantic Regional Dir: William (Bill) Carter 803-270-2496
wmcarter1939@gmail.com

Mid-Atlantic Asst. RD: Bill Voerster 704 310-8354
mendedheartsbillv@gmail.com

National Executive Dir: Norm Linsky 214 390-3265
norm.linsky@mendedhearts.org

ADVISORY BOARD MEMBERS

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Dr. Mark Townsend, Pediatric Cardiologist
Betsy Mudie, Volunteer Office Liaison
Curt Baker, VP Cardiovascular Dept. LGH
Betty Drinkard President & By-Laws Chair
Laurel Dodgion 1st VP
Dave Blackburn 2nd VP
Esther Tucker, Secretary
Fred Mayer, Treasurer
Carol Bryant, President’s Advisor & Past President
Jean Blankenship, Socials Co-Chair
Dave Blackburn, Health Fairs
Jack Hamilton, Past President

SCHOOL’S OPEN

Drive Carefully!
Pictures Taken from the July Summer Social
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</tr>
</tbody>
</table>

MH Visiting Schedule
Laurel Dodgion 434-610-6812 & Dan Cousins 434-944-5898
MEMBER ENROLLMENT

Member Information (please print or type)
Name (Mr/Mrs/Ms) 
Address (line 1) 
Address (line 2) 
City/State/Zip 
Email address 
Family member (must reside at same address; please name): (Mr/Mrs/Ms) 
Family Member Email 
May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? □ Yes □ No

Chapter _____ Member-At-large* 
Phone ( ) 
Alt Phone ( ) 
Retired: □ Yes □ No 
Occupation 
Preferred Contact: □ Phone □ Email □ Mail

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)
Name of Heart Patient 
Date of Surgery/Procedure 
Type of Surgery/Procedure 
☐ Angioplasty ☐ Heart attack ☐ Diabetes 
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve Surgery 
☐ Aneurysm ☐ Transplant ☐ Valve Transcath 
☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator) 
☐ Stent ☐ Other arrhythmia ☐ Other ______

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way 
□ Yes □ No 
Add my email to monthly national email updates? □ Yes □ No 
Patient signature 

Optional info: Date of birth ________ Please check below: 
Race: □ Caucasian; □ Black; □ Asian; □ Am. Indian; □ Other 
Gender: □ Male; □ Female

National Membership Dues: Includes subscription to Heartbeat magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less $10.00. Chapter and Lifetime dues are 100% tax deductible.

In United States national member-at-large dues 

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Amount</th>
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<tbody>
<tr>
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<tr>
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<td>Life-Family Dues</td>
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Dues Summary: 

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<tr>
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<tr>
<td>Chapter dues</td>
<td>$_______</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$_______</td>
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</tbody>
</table>

Add my email to monthly national email updates? □ Yes □ No 
Family member signature 

Optional info: Date of birth ________ Please check below: 
Race: □ Caucasian; □ Black; □ Asian; □ Am. Indian; □ Other 
Gender: □ Male; □ Female

Chapter dues (please customize) 

<table>
<thead>
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<th>Membership Type</th>
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<tr>
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<tr>
<td>Family</td>
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<tr>
<td>Life-Individual Dues (if applicable)</td>
<td>$_______</td>
</tr>
<tr>
<td>Life-Family Dues (if applicable)</td>
<td>$_______</td>
</tr>
</tbody>
</table>

I am joining as a non-heart patient: □ Physician □ RN 
□ Health Admin □ Other Interested Party □ Other 

I would like to make a tax-deductible contribution of $ 

Chapter Name: 
City: 
State: 

Please send payment with enrollment form to MH Chapter #16 Treasurer.

Chapter 16 – Esther Tucker 
Lynchburg General Hospital 
1901 Tate Springs Road 
Lynchburg Virginia 24501

MH2050C 2013
“It’s Great to be Alive - and to Help Others!”

THE MENDED HEARTS, INC.

MISSION STATEMENT: Dedicated to inspiring hope, encouragement and support to heart disease patients and their families! We achieve this in the following manner:

♦ to visit, with physician approval, and to offer encouragement and support to heart disease patients and their families;

♦ to distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families;

♦ to establish and maintain a program of assistance to physicians, nurses, medical professionals and health care organizations in their work with heart disease patients and their families;

♦ to cooperate with other organizations in education and research activities pertaining to heart disease;

♦ to assist established heart disease rehabilitation programs for members and their families;

♦ to plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.