PRESIDENT’S COLUMN— Betty Drinkard

We had a good board meeting on October 25, 2018. Since we didn't have the Tye Cobb Drinkard Memorial Golf Tournament this year, we will surely miss the funds ($16,000). So, with board approval. We kicked off a fund-raiser and recently I mailed out 150 letters requesting donations from the Chapter #16 members and past dedicated donors. Don't forget, members may send donations in honor / Memory of a loved one; or a donation celebrating your birthday / surgery date. The letters were sent out last week — we need your help to keep OUR Chapter #16 going. The board is in the process of preparing the 2019 budget which will be greatly reduced.

Chapter #16 is a gold sponsor for the Sackett Heart Ball, which is held every two years. The ball is being held at the newly restored Virginia Hotel on Friday November 9 at 6:30 pm. Eight of our members will be attending and representing Chapter #16. Dr. Michael Valentine will be the Guest of Honor. It is most important that we continue supporting these Heart doctors.

Just a reminder — “Christmas is just around the corner!” Our Christmas Social will be held on Saturday December 15, 2018 from 12:00 Noon to 3:00 pm at Eagle Eyrie. Our new officers will be installed at the party by Past President Betty Skoldal. I hope to see all of your pretty faces, dressed in your “Sunday go to meeting” clothes.

Still proud to be your President.

Heartfully,

Betty

Jackie Carver— Program Chair

2018 Program Calendar

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

December 15 (Saturday) 2018 Luncheon Meeting 12:00 p.m. — 3:00 p.m., Eagle Eyrie, Christmas Social

2019 GREETER VOLUNTEERS

There is only one date left for a Greeter Volunteer 11/21/19. Will someone please call me at 434-610-4314 to volunteer. Thanks for the great response

By now, you have received your fund-raiser letter. Don’t forget, you may send your donation in honor / memory of a loved one; or a donation celebrating your birthday / surgery date. Please support OUR chapter!

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

Inside this issue

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- Editor’s Page
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- Donations
- Birthdays and Surgery Anniversaries
- Mended Hearts Prayer
- News from the Board Meeting
- General Meeting Notes
- Member Prepared Articles
- Pages Magazine Article
- Recipes for Healthy Living
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- Pictures from the General Meeting
- Visiting Schedule
- Member Enrollment Form
- Mission Statement

November 2018
What I Know: “Be Compassionate and Take Responsibility for Each Other”

Tuesdays With Morrie by Mitch Albom is lessons in how to live. Why not enrich your life by reading this book first published in 1997? Twenty years ago Morrie Schwartz was the college professor of Mitch Albom. Mitch rediscovers Morrie in the last months of the older man’s life. Knowing that he was dying, Morrie visited with Mitch in his study every Tuesday, just as they did back in college days. Their rekindled relationship turns into a final one on one “class” that eventually evolves into a New York Times Bestseller, a Publishers Weekly Bestseller, and a Book of the Month Club Selection, Tuesdays With Morrie.

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The biggest defect we human beings have is our short-sightedness. We don’t see what we could be. We should be looking at our potential, stretching ourselves into everything we can become,” said Morrie Schwartz.

Belk Charity Days are coming! This is our only fund raiser and we need to support First Vice President Laurel Dodgion in raising these Funds. Call Laurel Dodgion at 434-610-6812 to help.

Editor’s Page—Dallas Scott

October was our annual trip to Midland, Michigan to attend the Charles W. Howard Santa Clause School. It was a great trip. We learned some new things about entertaining. Built two wobble penguin toys. Drove the reindeer sleigh. Learned more about how to handle difficult Santa situations like “All I want for Christmas is for Daddy to quit hitting Mommy!” Some of these situations make your heart want to cry.

Our trip was also a time to shop for needed items like a back-up Sant suit for me and two winter shawls for Mrs. Claus. We got to see old friends and meet new friends this year. We had a very good time and I feel we are ready to let our RED shine.

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

You as a cardiac patient or care giver are invited to visit Mended Hearts Chapter #16 at our next General Meeting. You will receive a warm welcome, great snacks and a presentation from a medical professional to increase your knowledge about Cardiac disease. Most of the people present have gone through a cardiac event as a patient or care giver. Please Join us.

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
- Chip Harvey, State Farm Insurance Agent-

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.

"Again? Weren’t we thankful enough last year?"

VISITING REPORTS

<table>
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<tr>
<td>October 2018</td>
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<tr>
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<td>Home Recovery</td>
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<tr>
<td>Pre-Op</td>
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<td>Post-Op</td>
<td>78</td>
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<tr>
<td>Hours</td>
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October is now ahead of 2017 total visits by 113. You have still made a difference in 149 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

2018 Greeters

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<th>Name</th>
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<td>11/15/18</td>
<td>Vivian &amp; Jack Hamilton</td>
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<tr>
<td>12/15/18</td>
<td>Christmas Social</td>
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Keep Your Chin Up!

While the years are passing by
It will do no good to cry.
Keep the twinkle in your eye
And your chin up!

It is really no disgrace
To have wrinkles in your face
If you’re scoring in the race
With your chin up.

If you chance to take a fall
You’re the loser if you sprawl
Bounce again just like a ball
Keep your chin up!

I am betting you will win
If you buck the line and grin
And just elevate your chin
Keep your chin up!

Otis E. Horton, Grandfather of Carolyn Lee Peerman
What I Know: George Washington, John Adams, and Thomas Jefferson Speak

“I am sure that never was a people, who had more reason to acknowledge a Divine interposition in their affairs, than those of the United States; and I should be pained to believe that they have forgotten their agency, which was so often manifested during our Revolution, or that they failed to consider the omnipotence of that God who is alone able to protect them,” wrote George Washington, First United States President, on March 11, 1792.

In these days of moral freefall, you and I can seek first the Kingdom of God and His righteousness. After all, can the liberties of a nation be thought secure when you and I have removed their only firm basis?

“State men, my dear Sir, may plan and speculate for liberty, but it is Religion and Morality alone, which can establish the Principles upon which Freedom can securely stand.

“The only foundation of a free Constitution is pure Virtue, and if this cannot be inspired into our People in a greater Measure, than they have it now, they may change their Rulers and the forms of Government, but they will not obtain a lasting liberty.” wrote John Adams, 2nd U.S. President, June 21, 1776.

Finally, your third United States President, Thomas Jefferson wrote in 1781:

“God who gave us life gave us liberty. And can the liberties of a nation be thought secure when we have removed their only firm basis, a conviction in the minds of the people that these liberties are of the Gift of God? That they are not to be violated but with His wrath? Indeed, I tremble for my country when I reflect that God is just; that His justice cannot sleep forever.” Powerful words!

“Almighty God, Who has given us this good land for our heritage; We humbly beseech Thee that we may always prove ourselves a people mindful of Thy favor and glad to do Thy will; Bless our land with honorable ministry, sound learning, and pure manners.

“Endow with Thy spirit of wisdom those to whom in Thy Name we entrust the authority of government, that there may be justice and peace at home, and that through obedience to Thy law, we may show forth Thy praise among the nations of the earth.

“In time of prosperity fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in Thee to fail; all of which we ask through Jesus Christ our Lord, Amen.”

Upon these words of faith your nation was founded.

Chapter #16 does not currently have a major fund raising campaign like the Golf Tournament which raised $16,000 in 2017. Therefore the Board of Directors is requesting each member to make a donation to Chapter #16 on your Birthday and Surgery Anniversary to help supplement this income loss. This loss reduces the positive impact Chapter #16 has presented to the community in previous years. As can be seen on page 5 our planned donations for 2019 are down from $19,000 in 2017 to $6,000 in 2019. Your donation no matter how large or small will help us continue our principle of service to our community.

Why should Chapter #16 continue to make contributions to the list of our 2019 Donations?

The Doctors that go on a mission trip might learn of a new procedure that may someday save your life. You too might have another cardiac event that you might need to go to Cardiac Rehab for a second or third time. Our donation to National Mended Hearts helps pay for Heart Beat magazine and the patient Heart Guides publications. Your Child, Grandchild, or Great Grandchild might need the services of the Shriner’s Hospital which we support. A former Nancy Eggleston Medical Student Scholarship recipient might be your next nurse. Our donation to Mended Little Hearts might help save one of your family members. You might be in need of a Rehab Home Recovery Item such as Scales, Blood Pressure Cuffs, Thermometers or Bra’s as needed.

We as a group impact many of our community members lives. Please help us to continue this giving attitude. We make a difference in everyone we visit or to whom we donate. THANK YOU for your SUPPORT.

Chapter #16 Board of Directors
Board Meeting Happenings: October 2018

The Mended Hearts Chapter #16 Board of Directors met October 25. The meeting was called to order by President Betty Drinkard at 11:00 am. The September 27th Board meeting minutes were approved with comments incorporated. The Treasurers Report was approved with comments incorporated.

The proposed donation budget for 2019 was reviewed and modified. The following Donations were approved by the Board of Directors for 2019:

1. CENTRA Doctors $2,000
2. Cardiac Rehab Patient Assistance $1,000
3. National Mended Hearts $ 200
4. Shriner’s Hospital $ 800
5. Nancy Eggleston Med Student Schlrshp $1,000
6. Mended Little Hearts $ 500
7. Rehab Home Recovery Items $ 500
8. 5 Year History Book $1,000
Total $7,000

Funds were added for the production of 100 copies of the Five year history book for next year.

October 2018 General Membership Meeting

Thursday October 25, Chapter 16 was host to Susan Clapp, RN, MSN, Adult Nurse Practitioner, Duke University, Community Access Network Cardiac Nurse, a Federally Qualified Clinic for the uninsured/underinsured at 5th and Federal Street Lynchburg, VA. She spoke to 4 guests and 18 Members on Peripheral Artery Disease, commonly known as PAD. PAD is atherosclerosis leading to narrowing of the major arteries, typically in the lower extremities, however, it can occur in the upper extremities. Progressive blockage by plaque results in narrowing of the arteries to the lower legs/feet and reduced blood flow. This causes claudication, which is defined as muscle discomfort in the lower limbs that occurs with exercise and is relieved by rest. It is the most common symptom.

Up to 25% of patients over 55 years and 20% of patients older than 70 Have PAD. 5% have no symptoms of PAD. A person with PAD and intermittent claudication (IC) is four times more likely to die from a stroke or heart attack than a person of similar age who does not have PAD. It occurs more in males than females, ratio 2:1. Affects 8-12 million individuals in the United States; More than 200 million worldwide. Associated with significant morbidity, mortality, and quality of life impairment.

Risk factors for PAD include cigarette smoking, older age, hyperlipidemia, hypertension, diabetes mellitus, obesity, known atherosclerosis in another vascular bed (coronaries, carotids) and a family history. Smoking and diabetes are associated with the highest risk for developing lower-extremity PAD. Keep in mind that many patients with PAD are asymptomatic. Common presentation includes complaints of pain in calves with exercise that is relieved with rest (typically within 2-5 minutes). Patients describe pain as an ache, cramp, or tired feeling in their extremity, foot, hip, thigh or buttocks that intensifies with activity.

The ankle-brachial index (ABI), the ratio of the ankle blood pressure to the highest brachial systolic pressure, is an inexpensive and efficient method to diagnose PAD.

Walking is inexpensive but requires discipline and a safe place to walk. Exercise therapy has been a cornerstone in the management of PAD and supervised exercise therapy remains the gold standard for patients with symptomatic PAD. The physiologic benefit of exercise therapy includes enlargement of existing collateral vessels and exercise-induced vasodilatation of the microcirculation. Supervised exercise, which is directly supervised in a hospital or outpatient facility should be discussed as a treatment option prior to attempts at revascularization. Research shows that supervised exercise is as effective as angioplasty at one year and is highly cost-effective.

Medicare has just approved payment for PAD supervised exercise within cardiac rehab settings that would also include patient education on risk factor modification.

Foods with a very long shelf-life

⇒ White Rice: In an air-tight container in temperatures below 40 degrees, it lasts up to 30 years.
⇒ Honey: With an airtight seal, honey can last decades, if not centuries.
⇒ Soy Sauce: When sealed, it lasts for years.
⇒ Sugar: In airtight containers, it can last decades.
⇒ Dried Beans: Shelf-life 30 years.
⇒ Authentic, pure maple syrup: With proper seal, it can last for decades, if not hundreds of years.
What I Know: “America Is Too Great For Small Dreams.” Ronald Reagan

Do you know what the U.S. Supreme Court wrote in 1892? “Our laws and our institutions must necessarily be based upon the teachings of the Redeemer of Mankind. It is impossible that it should be otherwise; and in this sense and to this extent, our civilization and our institutions are emphatically Christian.”

That’s right. America’s Founding Fathers believed that a widespread faith in God was the true source of America’s greatness. They would see today’s war against Christianity by our government, our educational institutions, and the media and throughout our popular culture as a grave threat to America’s survival as a free nation.

Listen to the last dying words of Alexander Hamilton on July 12, 1804: “I have a tender reliance on the mercy of the Almighty; through the merits of the Lord Jesus Christ. I am a sinner. I look to Him for mercy; pray for me.”

Listen to Patrick Henry in his “Last Will” written November 20, 1798: “This is all the inheritance I give to my dear family. The religion of Christ will give them one which will make them rich indeed.”

John Adams, 1756, America’s Second President, wrote: “Suppose a nation in some distant region should take the Bible for their only Law Book, and every member should regulate his conduct by the precepts there exhibited...What a paradise would this region be!”

Abraham Lincoln, National Day of Prayer and Fasting, Battle of Bull Run: “It is fit and becoming in all people, at all times, to acknowledge and revere the Supreme Government of God; to bow in humble submission to His chastisement; to confess and deplore their sins and transgressions in the full conviction that the fear of the Lord is the beginning of wisdom; and to pray, with all fervency and contrition, for the pardon of their past offenses, and for a blessing upon their present and prospective action.”

George Washington, October 3, 1789, National Day of Prayer & Thanksgiving: “It is the duty of all nations to acknowledge the Providence of Almighty God, to obey His will, to be grateful for His benefits, and to humbly implore His protection and favor.”

Thomas Jefferson, 1781: “God who gave us life gave us liberty...a conviction that these liberties are a gift of God...That they are not to be violated but with His wrath? Indeed, I tremble for my country when I reflect that God is just.”

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Recipes for Healthy Living
The Mother of Thanksgiving and Her 1863 Apple Pudding

She was a woman of her time and ahead of her time. **Sarah Josepha Hale** was born in 1788 and, in spite of the era, became a self-taught professional woman, a writer, poet and editor, advocating education and professional work for women. But she was also a creature of her time. When her husband died at age 34, just two months before the birth of their fifth child, she donned mourning black and never again took it off. She didn't believe women should have the vote, but should remain the secret and silent influencer of the male vote. But her influence on culture was far from secret or silent. In fact, Hale became a vocal supporter of a national Thanksgiving. For 17 years she wrote letters to five presidents about the idea. She wrote books and articles recounting New England Thanksgivings. In 1863, she finally caught the ear of President Abraham Lincoln, convincing him that a national day of thanks might bring the war-torn country together. Besides writing books and editing an influential women's magazine, Hale also promoted Thanksgiving through cookbooks. Here we offer one of her desserts, courtesy of Tori Avey at toriavey.com.

Thanksgiving Apple Pudding

Ingredients:

- 6 very large green apples, peeled, cored and sliced
- 1 lemon peel, cut into slices
- 2/3 cup brown sugar
- 6 large eggs, well beaten
- 1 pint heavy whipping cream
- 1 teaspoon lemon juice
- 2 9-inch uncooked pie crusts or 9-inch round puff pastry crusts

Instructions:

- Fill medium sauce pan with 6 tablespoons of water. Put in sliced apples and the lemon peels. Bring to a boil, reduce to a simmer, and cover the pot. Let the apples cook for 25-30 minutes till very soft. Remove the lemon peels from the pot and mash the apples while they're hot until they have the consistency of applesauce. Pour the mashed apples into a mixing bowl and allow to cool. Preheat oven to 375 degrees F.
- Stir in the brown sugar, beaten eggs, heavy whipping cream, and lemon juice. Reserve filling.
- Line 2 pie dishes or pans with the 2 uncooked crusts. Pour half of the apple pudding into each crust to make two puddings.
- To make the crust a golden brown color, whisk together 1 egg yolk with 1 teaspoon of water. Brush a thin layer of the egg wash onto the visible edge of the pie crust. Place the puddings into the oven and bake for 80-90 minutes, or until the pudding no longer wiggles in the center and is browning in places around the outer edge of the crust. You don't want to undercook the pudding, or it will turn out mushy. If in doubt, err on the side of cooking longer. Cover just the crust with foil if it is browning too fast. Allow pudding to cool before serving.

Types of Diabetes

Three main types of diabetes affect 30 million people in the US, according to the Centers for Disease Control, and 1 in 4 don't know they have it.

Type 1: An auto-immune disease commonly, but not always, diagnosed in childhood. The body's own immune system destroys the pancreas. Type 1 diabetics must take insulin injections.

Type 2: More than 90 percent of people with diabetes have Type 2. Usually diagnosed in adults over age 40, about 80 percent of sufferers are overweight. In Type 2, the pancreas produces insulin but the body becomes increasingly resistant to it and, eventually, production is decreased. Weight loss, exercise, diet and insulin pills can help people stay healthy.

Gestational diabetes: This occurs during pregnancy and often disappears after delivery, but there is an increased risk of developing diabetes later in life.
Blue Ridge Mended Hearts Chapter #16

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

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

ADVISORY BOARD MEMBERS
Dr. Kenneth Saum, Cardiology Surgeon
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

Happy Thanksgiving!
Pictures Taken from the September General Meeting
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<th>Thursday</th>
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MEMBER ENROLLMENT

The Mended Hearts, Inc.
National Office
Phone: 888-HEART99 (432-7899)
www.mendedhearts.org

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 __________________________

Retired: ☐ Yes ☐ No
Occupation __________________________
Preferred Contact: ☐ Phone ☐ Email ☐ Mail

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? ☐ Yes ☐ No

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
Individual $ 20.00 ☐
Family $ 30.00 ☐
Life - Individual Dues $ 150.00 ☐
Life - Family Dues $ 210.00 ☐

Dues Summary:
National dues $ ______
Chapter dues $ ______
TOTAL $ ______

Donation to national $ ______
To chapter # ______

Chapter dues (please customize)
Individual $ 5.00 ☐
Family $ 10.00 ☐
Life - Individual Dues (if applicable) $ ______
Life - Family Dues (if applicable) $ ______

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
**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.