PRESIDENT’S COLUMN—Laurel Dodgion

I hope everyone had a great Christmas Holiday & New Years.

I would like to thank Betty Drinkard for being our President for the last four years. She did a great job. Thank you Betty for all you have done.

I will be taking over the President’s job for the next two years. I would like to get to know each and every one of you, to see what we all can do for our Mended Hearts Chapter #16, to make our Chapter strong this year. We need help in visiting patients, on our board meetings, in our Programs each month, on calling visitors, in fundraising, and doing computer work. There are so many small little things that you could do to help. I would like everyone to participate in some little way to help our Chapter. This is your Chapter, we all need to work together.

It’s Great to be Alive and Help Others

Let’s have a great year together. I’m proud to be your president.

Laurel Dodgion

Jackie Carver—Program Chair

2019 Program Calendar

January 24, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Judith Taylor, PA, “Atrial Fibrillation”

February 28, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Houman Tavaf-Motamen MD “Heart Surgery and TAVAR Valve Repair”

March 28, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Dr. David Frantz “Wound Care”

April 27, 2019, 6:00 p.m. to 9:00 p.m., Eagle Eyrie — Nancy Eggleston 30th Anniversary Dinner

May 23, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Stephanie Puckett – Pharmacist Topic: “Medicine and the Heart”

June 2019 No Meeting

July 27, 2019, 12:00 Noon to 2:30 p.m., Alliance Church - Rt. 811 — Summer Social, Covered Dish

August 2019 No Meeting

September 26, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Dr. Richard Kuk “Electrical Issues in Heart Treatment”

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

- Loraine Shepley — Foot Surgery
- Judy Toler — Surgery
- Jean Blankenship — Surgery

GRAB A HOLD OF THE JOY OF LIFE

What is there in your life that brings you joy? Have you put it off? Is it on your schedule? Are you too set in your ways to vary from your routine?

Have you ever thought about all those ladies on the Titanic who passed up dessert at dinner that fateful night in order to cut back on the number of calories eaten and have a more shapely figure? Wow! Now will you try to be a little more flexible?

How many women do you know who will eat at home because their husband did not suggest going out to a fancy restaurant for dinner until after something had been thawed? Does the word “refrigeration” mean nothing to you?

How often have your children dropped in to the family room to talk with you and instead had to sit in silence while you watched ‘Jeopardy’ on television?

Have you lost count of the times you called your sister and said, “How about going to lunch in a half hour?” She would gasp and stammer, “I can’t. I have clothes on the line. My hair is dirty. I wish I had known yesterday. I had a late breakfast. It looks like rain. Here is a personal favorite: “It’s Monday.” Maybe your sister died a few years ago. Did you ever have lunch together?

Because you as an American have crammed so much into your life, do you tend to schedule your own headaches?

Do you live on a sparse diet of promises that you make to yourself when all the conditions are perfect?

Do you promise to go back and visit the grandparents when you get Steve toilet-trained? Do you promise to entertain when you replace the living-room carpet? What about going on a second honeymoon when you get two more kids out of college?

Life has a way of accelerating as you get older. The days get shorter, and the list of promises to yourself gets longer. One morning, you awaken, and all you have to show for your life is a litany of “I’m going to,” “I plan on,” and “Someday, when things are settled down a bit.”

When anyone calls your ‘seize the moment’ friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with her for five minutes, and you are ready to trade your bad feet for a pair of Roller Blades and skip an elevator for a bungee cord.

Your lips have not touched ice cream in ten years. You love ice cream. It is just that you might as well apply it directly to your stomach with a spatula and eliminate the digestive process. The other day, you stopped the car and bought a triple decker. Did you love ice cream?

Life is not a race. Life may not be the party you hoped for but to the rain lapping on the ground? Ever followed a butterfly’s erratic flight or gazed at the sun into a fading night? Do you run through each day on the fly? When you ask “How are you?” do you hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child, “We’ll do it tomorrow,” and in your haste, not see your child’s sorrow? Ever lost touch? Let a good friendship die? Just call to say “Hi?”

When you worry and hurry through your day, it is like an unopened gift that is thrown away. Life is not a race. Take it slower. Hear the music before the song is over. “Life may not be the party you hoped for but while you are here you might as well dance.”

Contributed by Carolyn Lee Peerman

Editor’s Page—Dallas Scott

December was a month for celebration. Frances, Mr. Dillon and I portrayed Santa, Mrs. Claus and Elf Dillon for Children, Parents and Grand Parents. We hope we brought some joy into their lives and made their Christmas more special. Never forgetting or shadowing the reason for the season, the birth of Jesus, we frequently worked in songs about Jesus.

Since we had to cancel our Christmas Social, I have placed pictures of our many Christmas visits on Page 9. I hope you enjoy the many pictures and maybe see someone you know.

We started our season in October with our second visit to the Charles W. Howard Santa Claus School in Midland, Michigan. We saw friends from last year and made new friends this year. We learned new things we had not covered last year, like What do you do when a child says to you that all he wants for Christmas is for Daddy to quit hitting Mommy? Not everything is fun and games for Santa.

I hope you had a Very Merry Christmas and a Happy New Year. HO HO HO !!!

Comments on this newsletter may be sent to: 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

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.

Contributed by Carolyn Lee Peerman
ESTHER TUCKER — DONATIONS & GIFTS

Donations made to Chapter #16:

Donations
Betty Drinkard
Patricia D. Doss
C. Douglas and Eleanor Pillow
William B. San Soucie
James D. Cure
Angela A. and Eugene J. Palladino, III

Surgery Anniversary
Laurel Dodgion

In Memory of Lawrence V. Bryant by Carol Bryant
Curtis Wade by Margaret Dudley
Curtis Wade by Sue Seamster

In Honor of Betty Drinkard, Esther Tucker and Jean Blankenship by Carol Bryant

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.

<table>
<thead>
<tr>
<th>VISITING REPORTS</th>
<th>Patients Visited</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>December 2018</td>
<td></td>
</tr>
<tr>
<td>Patients visited</td>
<td>67</td>
<td>1861</td>
</tr>
<tr>
<td>(Including H.R.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Recovery</td>
<td>1</td>
<td>192</td>
</tr>
<tr>
<td>Family</td>
<td>15</td>
<td>375</td>
</tr>
<tr>
<td>Pre-Op</td>
<td>6</td>
<td>109</td>
</tr>
<tr>
<td>Post-Op</td>
<td>45</td>
<td>1185</td>
</tr>
<tr>
<td>Hours</td>
<td>93</td>
<td>1253.5</td>
</tr>
</tbody>
</table>

December has now fallen behind 2017 total visits by 31 visits. You have made a difference in 67 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

2019 General Meeting Greeters

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/24/19</td>
<td>Dede Stevens</td>
</tr>
<tr>
<td>2/28/19</td>
<td>Nelson &amp; Ruby Davis</td>
</tr>
<tr>
<td>3/26/19</td>
<td>Dallas &amp; Frances Scott</td>
</tr>
<tr>
<td>4/26/19</td>
<td>Kim Owen</td>
</tr>
<tr>
<td>5/23/19</td>
<td>Judy Toler / Betty Skoldal</td>
</tr>
<tr>
<td>7/27/19</td>
<td>Dave Blackburn</td>
</tr>
<tr>
<td>9/26/19</td>
<td>Mary Margaret Craig</td>
</tr>
<tr>
<td>10/24/19</td>
<td>Jean Blankenship</td>
</tr>
<tr>
<td>11/21/19</td>
<td>?????????</td>
</tr>
<tr>
<td>12/14/19</td>
<td>Christmas Social</td>
</tr>
</tbody>
</table>
Wait a minute! Gossip is normal?

Throughout early childhood and beyond, we're told not to talk about anyone behind their back. That's gossip and gossip is bad. But, is all gossip bad? According to some experts, including those at the Harvard Business Review, gossip is an integral part of life itself, not just the office culture. "We learn who we are through what people say to us and about us," says Kathleen Reardon, Professor of Management at the University of Southern California. "We want to connect to people."

"Research shows that everyone participates in all kinds of gossip -- positive, neutral, and negative," says Joe LaBianca, Associate Professor of Management at the University of Kentucky. Idle talk also provides information that can be useful to your career and work.

Linda Hill agrees. "Gossip happens all the time, so you're going to hear it," says the Professor of Business Administration at Harvard Business School. Listening to office banter is a relevant way of hearing what is transpiring within the company. Informal exchanges of information can be just as useful as formal ones.

Because some gossip is negative, it is crucial to differentiate between the harmful and useful. Negative judgements about someone's family or personal life cross the line. To say John is going on vacation is probably not a secret. But to imply that John is wasting money on another expensive vacation -- that's the worst kind of gossip. That sort of gossip reflects badly, not just on John, but the gossiper as well.

Similarly, gossip about company personnel matters or other confidential information puts the company and the gossiper at risk. Talking about shared interests and people is natural, but temper your comments with prudence and charity. Remember the person receiving that information is going to use it to evaluate your character.

Billion of dollars spent on Alzheimer's Disease research have produced no big bang results, but new research on a possible Alzheimer's vaccine is making a lot of noise. There's little doubt about this: Researchers at the University of Texas have found a way to stimulate the body's immune system to fight plaques and tau protein tangles in the brain. Amyloid plaques and tau protein tangles are typical in the brains of Alzheimer's patients. They are thought to block and destroy brain nerve connections. Researchers, led by Roger N. Rosenberg, showed that in studies on mice, his DNA-based treatment reduced amyloid plaques by 40 percent and tangles by 50 percent. But does this prevent Alzheimer's or improve cognition in existing patients? That is the question scientists and patients are eager to find out. Rosenberg told BeingPatient.com that they are testing subject mice now for evidence of improved cognition. This research does address the leading theory of Alzheimer's Disease: Keep amyloid low and avoid Alzheimer's. Some research has shown that some people with high amyloid do not get Alzheimer's, suggesting that amyloid is not the only factor at play in Alzheimer's. If the theory of the UT research is correct, it does lead to a possible route to prevent Alzheimer's. The idea is that such a vaccine could delay onset of Alzheimer's, slow the rate of progression, or prevent the disease. However, amyloid plaques, along with associated inflammation, destroy nerve connections in the brain. Those nerves won't come back. So the focus is on developing treatments -- or a vaccine -- that work long before the disease reaches critical stages, according to Time.

The vaccination triggers skin cells to produce a chain of amyloid. Then the body's immune system produces antibodies to fight amyloid and tau proteins. The body then has antibodies to fight build-up of the plaques and tangles before they devastate neural connections. It is administered as a shallow shot in the skin, not into the muscle.

Testing on humans has not yet begun. Researchers predict this vaccine could cut dementia cases in half. About 36 million people worldwide have Alzheimer's Disease. It is the 6th leading cause of death in the U.S.
Board Meeting Happenings: December 2018

The Mended Hearts Chapter #16 Board of Directors met on November 29 to approve the officers for 2019. The next meeting will be January 24, 2019 at 10:00 am to 11:30 am at Pearson Cancer Center.

December 2018 General Membership Meeting

The December Christmas Social was cancelled due to inclement weather. The next General meeting is scheduled for January 24, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Judith Taylor, PA, will be presenting a discussion on “Atrial Fibrillation.”

Many people ask me what it is like portraying Santa Claus? Below is an article from the Centra Nursing News, December 2018 about Frances, Mr. Dillon and I as we perform as Christmas Characters. Perhaps from this article you will get a sense of what it is like to portray Santa Claus.

Dallas Scott

Centra Nursing News

VOL. 2, ISSUE 12
DECEMBER 2018

Santa and Mrs. Claus Visit VBH!

Santa and Mrs. Claus have been paying visits to the Mother Baby Unit at VBH, spreading holiday cheer! If you would like to tell Santa what you would like for Christmas, you can visit Santa and Mrs. Claus each Thursday from 2p-4p at VBH Mother Baby. Santa is also known as Dallas Scott. In addition to being Santa around the holidays, he is a volunteer with Mended Hearts.

Santa attended the official Santa school in Michigan. Charles W. Howard Santa School (santaclaussschool.com). Santa brings an amazing feeling of wonder and magic when he visits. It is incredible to watch children and adults laugh in surprise when they see him. Santa sings to the babies and along with the older kids.

For just a little bit when you’re with Santa, you forget that we sometimes have to do heartbreaking work. Santa takes you back to the nostalgia, wonder, and belief in something good. It is really hard to not smile when Santa visits. He is the reminder to be a joy and blessing where we are doing our daily work. Santa frequently says, “this is the best job I never had. I can’t believe people let me do this (hold babies and sing to them).” It is his reminder that when we do what we love, it isn’t a job, it’s a choice and a gift. We never thought Santa would be the person reigniting our spirit in healthcare but he is a weekly reminder to find the joy, don’t lose the wonder, and to appreciate and be present in what we are allowed to do. Merry Christmas and Ho, Ho, Ho!
Imagine coming to the end of your life and having your last words be: “I love you, too.” These were the last words spoken by our 41st President George Herbert Walker Bush on the day of his death, Friday, November 30, 2018.

I couldn’t get over the thought of it. In a world filled with so much hate and violence, here is love.

How can you and I come to the end of our days with thoughtful loving words coming out of our mouth? It is to practice a life of love day by day. Encouraging words not criticism.

“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength and my redeemer.” Psalm 19: 14

“The words of a wise man’s mouth are gracious.” Ecclesiastes 10:12

“The entrance of thy words giveth light; it giveth understanding unto the simple.” Psalm 119:130

How can you go about living your best life? One way is to ask yourself what you really like to do; then, find a way to make your living doing it. In other words, use your talents. Develop your talents and make them grow. By beginning each day in quiet meditation in God’s Word you will hear His voice; ask God to open doors for you in His own time and way.

Take control or ownership of your professional advancement. Look not back in regret nor forward in fear but around in awareness. You will build your talent by the bricks of habit that you pile up day by day. Each habit seems a little thing, but before you are aware of it, you have shaped the life you want to live.

What is a Christian education? It is a point of view that puts Christ at that vital integrative center. With Jesus Christ as the center of all learning, He becomes both the Alpha and Omega. Within this circumference all human history and knowledge is to be comprehended. Have you formed a perspective, built up a position, and developed an outlook from which life’s problems are analyzed and evaluated? Do you have a sense of values and established priorities? After all, as an integrated person with Christ at the center of your life, you have a comprehensive, single-minded view that includes all of reality. Now you are educated. This is the answer to man’s cry for meaning and purpose.

Contributed by Carollyn Lee Peerman

Top 10 situations where a safety hazard is likely

If you want to identify top safety hazards in the workplace, OSHA's Terrible Ten violations might be a good place to start. OSHA recently released its top cited safety violations. Here are the categories and the number of citations issues:

1. Fall protection: 5,899
2. Scaffolding: 3,059
3. Hazard Communication: 2,949
4. Ladders: 2,480
5. Lockout/Tagout: 2,384
6. Respiratory Protection: 2,044
7. Machine Guarding: 1,710
8. Powered Industrial Trucks: 1,548
9. Fall Protection, training requirements: 1,539
10. Personal Protective and Life Saving Equipment -- Eye and Face: 1,353
Recipes for Healthy Living

The misunderstood Brussels sprout

Don't you love it when the kids find out you are serving Brussels sprouts for dinner and they run to the table and demand a big helping? Nah. That doesn't happen.

Brussels sprouts have a bad reputation for being bitter, mushy little veggies. But, according to the gourmets and foodies, this is all because they are cooked incorrectly. If they are boiled too long or otherwise overcooked, you get the mushy foul-smelling gunk that everyone hates. But if they are cooked properly, the cute little cabbage buds turn bright green and slightly crisp with a nutty and sweet flavor. You can lightly steam them whole for five minutes. Or they turn out well when cut in half and oven-roasted with butter and garlic at 400 degrees for 35 minutes. For a pan salute, halve the sprouts and, over moderate heat, cook for 15 minutes with butter and garlic until lightly brown.

Sprouts are members of the cabbage, broccoli and kale family, but don't hold that against them. Brussels sprouts have been the little heroes of European civilization. Okay, that might be a bit strong, but they were frequently the last greens available during winter for the Romans in the 12th century and the Belgians and Germanic peoples in the 13th century and later. And since they are loaded with Vitamins C, K, and A, they deliver excellent nutrition.

Sprouts actually grow as little buds on a cabbage-type plant stalk. They have a long growing season of about 100 days and they are extremely frost tolerant. Last, but not least, they are an excellent choice for a low-carb diet. They have about 9 carbs per cup, but 5 carbs is all fiber, bringing the net carb total to 4 per cup.
Blue Ridge Mended Hearts Chapter #16

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

National Mended Hearts
National President: Donette Smith
www.mendedhearts.org

Chapter #16 Leaders

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

National Executive Dir: Norm Linsky
norm.linsky@mendedhearts.org

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

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

National Mended Hearts
National President: Donette Smith
www.mendedhearts.org

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

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

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

Happy New Year
2019
Carnival Season begins!
January 6 until March 5
No Pictures from the cancelled December General Meeting
Santa Visits 2018
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Happy New Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>All Blackburn</td>
<td>All Dodgion</td>
<td>All Cousins</td>
<td>All Carver</td>
<td>HR &amp; All Scott</td>
<td>All Krishnamoorthy</td>
<td>All Stinnette</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>All Carver</td>
<td>HR &amp; All Scott</td>
<td>All Blackburn</td>
<td>All Dodgion</td>
<td>HR &amp; All Cousins</td>
<td>All Carver</td>
<td>HR &amp; All Scott</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>HR &amp; All Scott</td>
<td>All Blackburn</td>
<td>All Dodgion</td>
<td>HR &amp; Family Owens Patients Stevens</td>
<td>All Carver</td>
<td>HR &amp; All Scott</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>All Blackburn</td>
<td>All Stinnette</td>
<td>All Wright</td>
<td>All Wright</td>
<td>All Carver</td>
<td>HR &amp; All Scott</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The Mended Hearts, Inc.
National Office
Phone: 888-HEART99 (432-7899)
www.mendedhearts.org

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

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 ____________________________

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
January 2019

“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.