PRESIDENT’S COLUMN — Laurel Dodgion

February flew by fast, literally, with all the strong winds in the past few days. I hope everyone has had a chance to go to one of the heart healthy programs held during the month of February. I was able to go to the Summit on February 21 to one entitled “How to Build a Healthier Heart” with Dr. Jason Higey, MD, a cardiologist with Centra Medical Group Stroobantz Cardiovascular Center. He gave us a lot of good information such as; keep moving (at least 30 minutes a day), know your numbers, and eating sensibly. Our own M.H. program on Feb. 28 at the Pearson Cancer Center with Dr. Tavaf-Motamen, MD. gave us a very interesting and informational program about heart surgery & TAVAR Valve Repair. As usual, we had a good group of interested persons there.

March is upon us which means Spring is just around the corner with flowers beginning to bloom and trees starting to get leaves. Hopefully, with this warmer weather we will get rid of all the cold, snow, ice and tons of rain. Daylight Savings Time begins on March 10th so mark your calendar! I think we all would like to see the sun shine a little bit more. March, too, is time to get your green out for St. Patrick’s Day on March 17th…and then….Spring begins on March 20th. “Yahoooo!” I’m ready for spring.

Please be aware of our general meeting on March 28th and please bring a friend to the Pearson Cancer Center from 12:00 Noon to 2:00 p.m. with Dr. David Frantz talking about “Wound Care”. We all love Dr. Frantz as he is one of our favorite speakers. We need be there to support him.

If anyone would like to tell their heart story, good or bad, please let us know and be prepared at one of our meetings to tell us about it. “It’s Great to be Alive~ and Help Others”. This is who we are. Hope to see you all there “Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

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

April 25, 2019 6:00 p.m. – 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 “Medicine and the Heart”

June, 2019 — No Meeting

July 27, 2019 Picnic: Noon to 2:30 p.m. Alliance Church - Rt. 211 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”

October 24, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Sarah Harvey, NP “Lifestyle Changes for Better Health”

Please Support our Chapter

Donations in Honor of / in Memory of a loved one; or a donation celebrating a birthday or surgery anniversary or marriage anniversary are gratefully accepted by Chapter #16. These donations help fund our philanthropic endeavors through out the year. Please consider a donation to Mended Hearts Chapter #16. Thank you in advance four your continued support!
Foundation promotes research to fight rare kidney disease

March 2019 is Alport Syndrome Month -- coinciding with National Kidney Month -- to raise awareness of kidney disease and the benefits of organ donation. Alport Syndrome is a rare genetic kidney disorder that causes damage to tiny kidney channels that filter urine. The inherited disease affects one of every 50,000 newborns and is characterized by renal failure, hearing loss, and eye deformity.

Founded in 2007, the Alport Syndrome Foundation is a non-profit organization launched by a group of families affected by the disease and guided by a committee of renowned nephrologists. The foundation was built on the past efforts of the late Dr. Curtis Atkin—who had Alport syndrome himself—of the University of Utah and the Hereditary Nephritis Foundation. The foundation aims to improve the lives of those affected by Alport syndrome through education, empowerment, advocacy, and research to help conquer the disease.

ASF’s vision is to direct the majority of its resources to medical research, raise awareness of the patient and medical community and foster collaboration through alliances with international patient support groups, patient registries, and medical researchers throughout the world. ASF has connected more than 7,000 patients, families, physicians, and researchers in at least 75 countries. On the Web: alportsyndrome.org.

Copied from Pagesmag.com

Happy St. Patrick's Day
March 17
ESTHER TUCKER — DONATIONS & GIFTS
DONATIONS MADE TO CHAPTER #16

DONATIONS:
Rain Frost Nursery
Jean Blankenship
Pinkerton Chevrolet
The Bourne Group
The Valentine Family

Surgery Anniversary:
None

In Memory of:
Curtis Wade by Sandra Hall

In Honor of:
None

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

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O’Hara is walking through a graveyard when he comes across a headstone with the inscription: Here lies a politician and an honest man. "Faith now!" exclaims O’Hara. "I wonder how they got the two of them in one grave?"

Daylight-Savings Time

begins March 10

February is now in the books. We have set a low-mark compared to January. You have still made a difference in 91 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>
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<th>Date</th>
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<tr>
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<tr>
<td>Post-Op</td>
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<td>Hours</td>
<td>78.5</td>
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March Birthdays
Laurel Dodgion
Huguette Hawks
Joan Holt
Shandra Rowe
Andrew Spencer

March Surgery Anniversaries
Gene Gallagher 1984
Bev Eggleston 1989
Jack Hamilton 2000
David Shelton 2004
Lorraine Shepley 2007
Evelyn Howell 2015
Fredrick Mayer 2015
James Moore 2016

2019 MID- ATLANTIC REGIONAL MEETING
WHEN: Saturday, April 27, 2019
WHERE: Inova Fairfax Medical Campus
Physician’s Conference Center
3300 Gallows Road
Annandale, VA 22003
WHAT: An informative learning session for patients, families, and professionals affected by Heart Disease.

If you are interested in going to this event, please contact President Laurel Dodgion at 434-610-68112.

Mended Hearts Blue Ridge Chapter
#16 Visitor Accreditation / Reaccreditation Training

Blue Ridge Chapter#16 is holding its Accreditation / Re-Accreditation training for 2019 at the Alan B. Pearson Cancer Center Conference room on Saturdays March 23 & 30, 2019 from 9:00 AM to 12:00 Noon.

All Chapter 16 members who are cardio-vascular patients are invited to the training. Visiting is performed by Cardio patients in the hospital, face to face, phone and email.

For all with any interest in visiting come to a training session to better understand the visiting process. It is very rewarding for patient and visitor.

Dan Cousins  (434-352-9778) Leave a message if no answer. Please!

Luck abounds if you do find a four-leaf clover

Like the discovery of a heads-up penny or the act of tossing spilled salt over your left shoulder, finding a four-leaf clover is considered good luck to those of us with a superstitious bent. But while your chances of stumbling upon the penny are 50-50 and you can toss that salt any old time, what are the odds of finding the four-leaf clover? About 1 in 10,000.

Dr. John Frett, professor of Landscape Horticulture and Director of the University of Delaware Botanic Gardens, was quoted on marthastewart.com as saying the 1 in 10,000 chance is for a typical group of plants that represents the statistical norm for the population. On the other hand, in 2014, a woman in Sydney, Australia, happened upon 21 of the lucky clovers in her front yard. So there's that.

One website devoted to clovers warns against buying imposters. The real deal, according to clovers.com, comes from the White Clover plant, or the trifolium repens. The site even includes diagrams to educate the public on genuine versus fake four-leaf clovers.

Copied from pagesmag.com

Dog Tired

An old dog wandered into a man’s yard. The man could tell from his collar and well-fed belly that he had a home. The dog followed the man into the house and fell asleep on the couch. An hour later, the dog went to the door, and the man let him out. The next day the same dog was back, went to the couch and fell asleep. This continued for several weeks. Curious, the man pinned a note to the dog's collar: "Every afternoon your dog comes to my house for a nap." The next day the dog arrived with a new note pinned to his collar: "He lives in a home with four children. He's trying to catch up on his sleep. Can I come with him tomorrow?"

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 your gifts well.
Board Meeting Happenings: February 2019

The Blue Ridge Mended Hearts Chapter #16 Board of Directors Meeting was called to order by President Laurel Dodgion. The January 24, 2019 Board of Director meeting minutes were approved.

The Treasurer’s Report for January was Approved.

Vice President Dave Blackburn reported that he had scheduled one Health Fair visitation.

April 22 Altavista Visiting Chair Dan Cousins announced the Re-accreditation Training will take place Saturday March 23 and Saturday March 30 from 9:00 a.m. to 12:00 Noon at the Pearson Cancer Center Conference Room.

Jackie Carver, Program Chair, announced the date for the Nancy Eggleston 30th Anniversary Dinner has been changed to April 25, 2019 at Eagle Eyrie at 6:00 P.M.

Judy Toler and her BROKEN foot is the only Care and Concern this month.

Historian Betty Skoldal announced that the 30th Anniversary Book is under development and all changes must be complete by March 1 for printing and publication.

Don’t forget to make donations for your Birthday and Surgery Anniversary dates to help supplement to general fund.

February 2019 General Membership Meeting

The General Membership Meeting was called to order by President Laurel Dodgion with 17 Members and 10 Visitors present. Jackie Carver, Program Chair introduced Dr. Houman Tavaf-Motamen who spoke on the TAVAR procedure.

Aortic Stenosis is valve failure of the Aortic Valve. Trans-catheter Aortic Valve Replacement (TAVR) replaces the aortic valve and is less invasively than traditional methods. The Aortic Valve has 3 moving parts: when open, wide open so little resistance. When closed, should stay tight. Issues: plugging up. Examples: Bicuspid (congenital), Rheumatic type (due to Rheumatic Fever), and Degenerative (most common in America due to calcification, etc). Aortic Stenosis increases with age.

Symptoms include chest pain, passing out, and Shortness of breath. Diagnosis: measure blood flow with echo machine (mild, moderate, and severe). Once symptoms develop, you have 2-5 years life expectancy without treatment. There is no real medications to fix the disease so options are Balloon Aortic Valvuloplasty (least invasive); does not last very long and can cause additional issues; Surgical aortic valve replacement (SAVR) (gold standard): Open heart SAVR-long recovery period and risks; they use a STS risk calculator. The newer technology developed in 2004 in France (Came to the US in 2014) Trans-catheter Aortic Valve Replacement: started as an experimental basis; from someone who had few options to now intermediate risk patients. Catheter to both sides of groin or chest or even arm as a last resort; two brands 1) Medtronic or 2) Edwards — self expandable vs. balloon expandable. The TAVR procedure has an 8 year life time versus a 12 year life time for a surgical aortic valve replacement (SAVR) or more.

Why choose TAVR over SAVR?

- Biscuspid tends not to do well with TAVR due to nature of valve
- Poor access not recommended for TAVR
- Needing other surgeries on the heart-need SAVR
- Infection on the heart: need SAVR

Question and Answer time

⇒ Oldest treated with TAVR was 107 (in Lynchburg)
⇒ TAVR recovery: usually one night in ICU and leave home the next day; blood thinners (at least a year-usually 2 types): aspirin, Coumadin, plavix, eliquis, echocardiogram (routine)
⇒ About the same in cost between two different procedures TAVR valve cost more than SAVR but hospitalization is longer for SAVR so cost balances out
⇒ No TAVR valve for mitral position except when the mitral valve has been repaired surgically
⇒ May need pacemaker after surgery
⇒ 1 in 100 chances to have a stroke; most during the first 72 hours of the TAVR procedure
⇒ Comes from cow tissue; some pig but not this procedure
⇒ Can install TAVR within an existing TAVR up to 3 times.

"Okay. Now, try to parallel park while talking on your cell phone and changing songs on your iPod."
CHOOSE LIFE

“I HAVE SET BEFORE YOU LIFE AND DEATH, THEREFORE CHOOSE LIFE.” Deuteronomy 30:19.

Are you choosing life? Day by day do you make decisions that enhance your life? Do you speak inspiring words that uplift those around you? Do your words encourage them? Words are important; words matter. Your words are to be a well of life. Are they? “Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.” Jeremiah 15:16.

You have an obligation to endure. You are to be more than conquerors through Him that loved you so that neither height, nor depth, nor any other creature, shall be able to separate you from the love of God, which is in Christ Jesus.

Righteousness and life go together. “In the way of righteousness is life; and in the pathway thereof there is no death.” Proverbs 12:28. Moreover, righteousness is a gift.

This gift will reign in life by Jesus Christ. “In Him was life, and the life was the life of men.” He is the bread of life.

Wisdom and life go together. After all, wisdom gives life to you if you have it. Do you have the wisdom needed to make decisions that are beneficial to you and those around you? “The law of the wise is a fountain of life, to depart from the snares of death.” Proverbs 13:14.

Joy and life go together. Do you know that righteous people are glad in the Lord and trust in Him? Do you claim this promise: “Thou wilt show me the path of life; in thy presence is fullness of joy: at thy right hand there are pleasures for evermore.” “The spirit of God hath made me, and the breath of the Almighty hath given me life.” Job 33:4.

MORE LIFE

“I am come that they might have life, and that they might have it more abundantly,” said Jesus in Jerusalem.

This is what you and I along with everyone else in the world want: more life. So what is the answer to your quest for more life? It is to look forward to tomorrow and to the future with gladness and anticipation.

Did you know that research scientists, inventors, painters, writers, and philosophers live longer and remain more productive than others? This is because they have something for which to live. They have a worthwhile purpose that gives their life meaning. Michelangelo did his best painting past 80; Johann Goethe wrote Faust past 80; Thomas Edison invented at 90; Picasso painted past 75; Frank Lloyd Wright did his creative architecture at 90; George Bernard Shaw wrote plays at 90; and Grandma Moses started her work as a painter at 79. These are dynamic examples of people who had a purpose in living.

As you develop an enthusiasm for life that accompanies a need for more life, you will receive more life. Do not give up your purpose for being alive. What is your emotional reaction to the events which have taken place in your life? By all means discover something positive even in the darkest hour. Day comes after night.

Happiness comes along as you experience more life. More attainment of worthwhile goals leads to a feeling of accomplishment and adds to more health and enjoyment for you and others. You are made in the image of the Living God. That thought alone should fill you with enough confidence, strength, and power to last a lifetime.

The heart of an Irishman is nothing but his imagination.

George Bernard Shaw

St. Patrick's Day is an enchanted time - a day to begin transforming winter's dreams into summer's magic.

Adrienne Cook

A good friend is like a four-leaf clover, hard to find and lucky to have.

Popular saying

May your pockets be heavy and your heart be light, may good luck pursue you each morning and night.

Irish Blessing
Recipes for Healthy Living

Red Pepper Falafel

Falafel is an interesting blend of chickpeas, vegetables, and spices that are chopped up together, rolled into balls, and deep fried in vegetable oil. When asked today, people from many countries such as a Palestine, Yemen, Lebanon, and Israel would probably tell you that they are responsible for inventing falafel.

According to History Today, however, Egypt is the likely origin of the falafel that people are familiar with now and it might not be as old as you think. It was first mentioned in Egyptian literature as early as 1882 and seems to be linked to the British occupation of that time. As the troops had found a taste for fried vegetable croquettes in India, it is likely that their search for a replacement led to the locally-sourced chickpea falafel.

Ingredients

- 8 ounces dried chickpeas, soaked overnight, drained
- 1/2 onion, coarsely chopped
- 1/2 small red bell pepper, coarsely chopped
- 1 garlic clove, crushed
- 3 tablespoons chickpea flour
- 1 tablespoon ground cumin
- 2.5 teaspoons kosher salt
- 2 teaspoons ground coriander
- 1 teaspoon smoked paprika
- 1 teaspoon Hungarian sweet paprika
- 1 teaspoon baking powder
- Vegetable oil (for frying; about 8 cups)

Directions

1. Take the soaked chickpeas and pulse them in a food processor, scraping as necessary. After about one minute, they should resemble finely chopped nuts. Scrape everything into a large bowl.
2. Pulse the onion, garlic, and bell pepper in the food processor, until coarsely chopped, about one minute.
3. Add the chopped mixture to the chickpeas and then mix in chickpea flour, cumin, salt, coriander, smoked paprika, Hungarian sweet paprika, and baking powder. Mold mixture into ping-pong-sized balls.
4. Pour oil into a large pot - to at least three inches in depth. Heat the oil up to 330 degrees. Cook the falafel in small batches, turning occasionally, until deep brown and crispy. It will take about five minutes.
5. Transfer the finished falafel to a paper towel to drain.

These are great served alongside a bright cabbage slaw, tahini sauce, and pita bread!

No evidence that digital devices cause eye damage, researchers say

Long-term gazing at electronic devices can definitely lead to dry eye. But does it lead to actual blindness? Headlines flared last August when news reports claimed that a University of Toledo study -- published in the journal Scientific Reports -- suggested that digital devices could lead to blindness. The report made no such claim, say researchers. In fact, the American Academy of Ophthalmology declared: "There is no scientific evidence that blue light from digital devices causes damage to your eye. The researchers took cells that are not from the eye, put them together with retinal (molecules) in a way that doesn't occur in the body, and exposed the cells to light in a way that doesn't happen in nature." What the research found is that blue light (which comes in part from the sun) allows retinal proteins to release molecules that can destroy other cells. They found that photoreceptor cells were most vulnerable since they do not regenerate and, in their absence, lead to age-related macular degeneration -- a leading cause of blindness in the U.S. A few weeks after the report appeared, the researchers' website acknowledged that "our study does not show that light from mobile devices or other digital screens causes blindness."
### Chapter #16 Leaders

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Laurel Dodgion</td>
<td>434-610-6812</td>
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<tr>
<td>Vice President</td>
<td>Dave Blackburn</td>
<td>434-525-0528</td>
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<tr>
<td>Secretary</td>
<td>Esther Tucker</td>
<td>434-239-4587</td>
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<td>Treasurer</td>
<td>Fred Mayer</td>
<td>434-610-1733</td>
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<td>Asst. Treasurer</td>
<td>Nelson Davis</td>
<td>434-845-5245</td>
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<td>Publicity</td>
<td>Betty Drinkard</td>
<td>434-525-2852</td>
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<td>Health Fairs</td>
<td>Dave Blackburn</td>
<td>434-525-0528</td>
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<tr>
<td>Cardiac Staff Advisor</td>
<td>Cindi Cole</td>
<td>434-200-6701</td>
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<tr>
<td>Staff Editorial Advisor</td>
<td>Michelle Adams</td>
<td>434-200-7062</td>
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<td>Immediate Past Pres</td>
<td>Betty Drinkard</td>
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<td>Newsletter Editor</td>
<td>Dallas Scott</td>
<td>434-610-4314</td>
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<tr>
<td>Volunteer Liaison</td>
<td>Betsy Howard</td>
<td>434-200-4696</td>
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<td>Director of Volunteer Services</td>
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### 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](http://www.mendedhearts.org)
- **Mid-Atlantic Regional Dir:** William (Bill) Carter 803-270-2496  
  wmcart1939@gmail.com
- **Mid-Atlantic Asst RD:** Bill Voester 704-310-8354  
  mendedheartsbillv@gmail.com
- **National Executive Dir:** Norm Linsky 214-390-3265  
  norm.linsky@mendedhearts.org

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### Blue Ridge Mended Hearts Chapter #16

**Visiting Program Chair:** Dan Cousins

**Visiting Committee:**

- **Visiting Assignments:** Dan Cousins
- **Patient Packs:** Visitors
- **Follow Up Telephone Calls:** Visitors
- **Training:** Dan Cousins
- **Data Collector:** Dan Cousins

**Ad Hoc Committees:**

- **Anniversary Dinner:** Ruby Davis
- **Bylaws:** Betty Drinkard
- **Celebrations & Concerns:** Judy & Wayne Toler
- **Finance:** Fred Mayer
- **Health Fairs:** Dave Blackburn
- **Hearts of Fame Awards:** Dave Blackburn
- **Historian:** Ruby and Nelson Davis
- **Hospitality:** Dan Cousins
- **Membership:** Dallas Scott
- **Nominating:** Betty Skoldal
- **Photographer:** Carolyn Lee Peerman
- **Program:** Jackie Carver
- **Publicity:** Betty Drinkard
- **Socials:** Jean Blankenship, Carol Bryant
- **Speakers Bureau:** Betty Drinkard
- **Visiting Chair:** Dan Cousins

**Advisory Board Members**

- Dr. Kenneth Saum, Cardiology Surgeon
- Dr. Mark Townsend, Pediatric Cardiologist
- Betsy Howard, Volunteer Office Liaison
- Curt Baker, VP Cardiovascular Dept. LGH
- Laurel Dodgion, President
- Dave Blackburn, Vice President
- Esther Tucker, Secretary
- Fred Mayer, Treasurer
- Carol Bryant, President’s Advisor & Past President
- Jean Blankenship, Socials Co-Chair
- Jack Hamilton, Past President
- Betty Skoldal, Past President
- Betty Drinkard, Bylaws & Immediate Past President

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

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**World Day of Prayer**

March 1
Pictures from the February General Membership Meeting

Mended Hearts Motto

“It’s Great to be Alive - and to Help Others!”
# Mended Hearts Schedule of Visits

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>All Carver</td>
<td>All Wright</td>
<td>HR &amp; All Scott</td>
<td>HR &amp; All Stinnette</td>
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<td>HR &amp; All Wright</td>
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</tbody>
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- **MH Visiting Schedule**
  - Laurel Dodgion: 434-610-6812 & Dan Cousins: 434-944-5996
- **Contact Information**
  - 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 __________________________________

Chapter _______ Member-At-Large ______
Phone ( ________ ) __________________________
Alt Phone ( ________ ) __________________________
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
□ CAGB (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 ____________________________
Race: □ Caucasian; □ Black; □ Asian; □ Am. Indian; □ Other
Gender: □ Male; □ Female

Family member signature ____________________________

Optional info: Date of birth ____________________________
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 $ ____________________________
Donation to chapter $ ____________________________

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

MH2050C 2013
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

March 2019

Blue Ridge Chapter #16
of Mended Hearts, Inc.
expresses our apprecia-
tion for the generous
support of Centra in
providing printing costs
for this newsletter.

“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, medi-
cal 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 per-
taining 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.