PRESIDENT’S COLUMN — Laurel Dodgion

Easter is behind us but I hope I’m not too late to say I hope you and yours had a wonderful blessed day.

April has been an extremely busy month for Mended Hearts. We just celebrated our chapter’s 30th Nancy Eggleston Anniversary Dinner complete with the Hearts of Fame awards presentation. The awards this year for exemplary service were presented to the following: Professional Honoree: Beth Jones who is a Cardiac Rehab Nurse. She has worked with many members after surgery helping to ‘get them back on their feet.’ Membership Honoree was Dallas Scott our Newsletter Editor, MH Accredited Visitor, and former Cardiac Rehab Volunteer. (In his spare time during the Christmas season he is Santa Claus.) The Spirit Award was presented to Betty Skoldal. Betty is our Historian and Nominating Chair and helps with many committees. Betty is a past president and past secretary. Dr. Tom Nygaard, our speaker presented a program complimenting Chapter 16 for its help to the cardiology program. He spoke of the overall program: where it has been and where it is going in the technology world of medicine and surgery. We appreciated Dr. David Frantz and Dr Kenneth Saum being present and giving their support to Chapter 16 over the many years of our work. Bill Voerster, Mended Hearts Mid-Atlantic Assistant Regional Director presented us with a citation for our 30th Anniversary recognizing Chapter 16, on a job well done. Jackie Carver was in charge of the Memorial Service as we remembered our past Mended Hearts members: Clarence Howard Austin, Ed Brinson, Curtis Wade, Lawrence "Rita" Bryant, Evangeline Foster, and Jack Johnson who just passed away the morning of the dinner. We miss you. Approximately 65 people were present for his event. The dinner just doesn’t happen so I’d like to thank the many people who helped put it together and the event chairs: Jean Blankenship and Carol Bryant. "Great Job Everyone!"

The Mended Hearts and Mended Little Hearts Mid-Atlantic Regional Meeting took place April 27th at the INOVA Fairfax Medical Campus in Falls Church, Va. The main topic of the meeting was on the latest in Cardiac Surgery. Dr. Lucas Collazo presented a program on Pediatric and Congenital Cardiac Cardiothoracic surgery and Dr. Ramesh Singh’s presentation undated LVAD and Transplant. Michael Mintz, Psy.D. with the Cardiac & Neuro-Development department presented a program on child development and behavior. Elizabeth Blumenfield presented Cardiac Neurodevelopment Outcomes Collaborative. Barbara Jacobs, NP, offered a program on the very empowering of your smile and laughter. Laura Mead, RN, spoke on Patient Navigation with hospitals navigating patient care in home recover. There were several other speakers and the meeting was extremely uplifting and informative.

We are having a social in July at the Alliance Church on Rte. 811. Hope to see all of you there.

It’s Great to be Alive~ and Help Others”.

Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

May 23, 2019 12:00 Noon to 2:00 p.m. Pearson Cancer Center — Stephen 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”

November 21, 2019 12:00 Noon to 2:00 p.m., Pearson Cancer Center - Dr. Peter O’Brien, “Doctor’s On Mission”

December 14 (Saturday), 2019, Luncheon Meeting: 12:00 p.m. - 3:00 p.m., Eagle Eyrie Christmas Social
Cares & Concerns: Judy and Wayne Toler, Co-Chairs

- **Death Notice - Patricia Anne Newton Staples**, a long time member and Accredited Visitor who relocated to Pottsville, PA.

- **William Martin "Bill" Hamilton**, 51, of Monroe, passed away on Saturday, March 9, 2019, at his residence. He is the son of the Rev. D. Jack Hamilton and Vivian Muns Hamilton.


**FUND Raiser for Chapter 16**

Did you forget that Chapter 16 is having a much needed fund raiser? In October 2018, as your President, I mailed 300 fund raiser letters to past donors of the Tye Cobb Drinkard Memorial Golf Tournament. In the letter, I thanked the donors for their past support of the Golf Tournament adding that we are not having the golf tournament at this time, but would appreciate a monetary donation to help with the continued support of Chapter 16 projects. Response to this request has been slow; therefore, I need your help in spreading the word about this fund raiser! Also, If you have not already made your monetary donation in remembrance of your birthday or surgery anniversary, we need your contribution to OUR Chapter! I am following up with these past donors stating they still have an opportunity to participate. I look forward to hearing from many of you.

Betty Drinkard
Immediate Past President

**Taxes and retirement: What is taxed**

Upon retirement, you don’t get a paycheck with the proper amount of taxes withheld. That’s obvious. What may not be so obvious until you retire is the amount of taxes you owe. Unlike employees, retirees write checks for their taxes, making them acutely aware of their tax burden. Of course, everything we save for retirement is taxable at some point and in some way.

If you are ready to retire, here are some things to look forward to:

- **Social Security taxes:** You have to pay tax on your benefit. You can have amounts from 7 percent to 22 percent withheld from every check. See form W-4V (for Voluntary).
- **Pension and annuity taxes:** See Form W-4P to instruct the payor how much to withhold.
- **IRA distributions:** The law requires 10 percent be withheld unless you tell the distributor not to withhold. You can also tell the distributor to withhold all of the taxes.
- **Company plans and lump sums:** Some of these plans are taxed at 20 percent

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**Editor’s Page — Dallas Scott**

April is over. May is beginning! The two races that define their sports take place this month. The Kentucky Derby on May 4 and the Indianapolis 500 mile race on May 26. When I was growing up in Indiana these were the only two races that counted. Now the Indy series races take place all over. I hope you enjoy the races on radio or TV. They are full of excitement and thrills.

I was surprised at my selection as the Membership honoree for the Hearts of Fame Awards. I am honored to have been selected. Thank you to everyone on the selection board. Following Esther Tucker (who has done so much for so long) as the Membership Nominee is quite an honor.

I look forward to seeing you at the next General meeting.

Please send all comments to dallas.t.scott.va@gmail.com or call me at (434) 610-4314.

Dallas Scott, Editor
Accredited Visitor

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**You as a cardiac patient or care giver are invited to visit Mended Hearts Chapter #16 at our next meeting on February 28 at 12:00 Noon at the Pearson Cancer Center. 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.**
ESTHER TUCKER — DONATIONS & GIFTS

DONATIONS MADE TO CHAPTER #16

DONATIONS:
Telecom Pioneers Chapter #43

Surgery Anniversary:
None

In Memory of:
None

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

**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 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.

VISITING REPORTS

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<td>Hours</td>
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April is now in the books. It was the second busiest month behind January. You have still made a difference in 118 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

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<td>5/23/19</td>
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<tr>
<td>9/26/19</td>
<td>Mary Margret Craig</td>
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<td>10/24/19</td>
<td>Jean Blankenship</td>
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<td>11/21/19</td>
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<tr>
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My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind.

Michael Jordan

My mother never gave up on me. I messed up in school so much they were sending me home, but my mother sent me right back.

Denzel Washington
May Birthdays
Rebecca Bowling
Bev Eggleston
Homer Massey
Dallas Scott
Loraine Shepley

May Surgery Anniversaries
Edward Rogers 1992
Dallas Scott 2014
Robert Holt 2015

May Birthdays
Rebecca Bowling
Bev Eggleston
Homer Massey
Dallas Scott
Loraine Shepley

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

Eight members from Chapter 16 attended the Mid-
Atlantic Regional Meeting. The Doctors and Nurses
from INOVA Fairfax Medical Center and surrounding
hospitals presented very educational presentations
enlightening us all. My two favorite presentations
were Power of the Positive and Your Health by Barba-
ra Jacobs, NP, VP Nursing and Chief Nursing Officer,
Anne Arundel Medical Center and Patient Navigator
by Laura Mead, RN Inova Heart and Vascular Insti-
tute.
Who could not like a presentation on the health ben-
efits of smiling? Or an explanation of how other hos-
pitals educate the patients and families of cardiac
surgeries?

New Member for Chapter 16
Marcia Daubert
1044 Sunset View Ct.
Forest, VA 24551
email: MDaubert@Liberty.edu
Phone: 434-426-0979
Date of surgery: Nov. 2018 LUAD
Date of birth: 6/11

Good Manners: tips for tipping
Some rules for tipping are ingrained: tip 15-20
percent of the pre-tax total when dining out. A
dollar or two per bag to the airport valet. Others
are common though not everyone is aware of
them: leave $2-$5 per night for hotel housekeep-
ing staff, for example. (Some say higher, particu-
larly if you’re staying somewhere swankier).

But some situations are trickier. How about when
you order takeout and use a debit card, only to
see a line on the receipt for a tip? Are you ex-
pected to fill that in?

It depends. There are no hard-and-fast tipping
rules, more like unwritten societal expectations.
No pressure.

Cab drivers as well as Uber and Lyft drivers typi-
cally get 10 to 18 percent of the fare, while a bar-
er or hairdresser receives 15 to 20 percent of the
bill. A massage therapist customarily gets 20 per-
cent, while you are not expected to tip a personal
trainer; the caveat there is that a gift at the holi-
days is considered a nice touch.

And here are few you might not have thought of:
the furniture delivery people customarily get $5-
$10 per person and tow truck drivers often get
tipped $3-$5 even if insurance is paying for the
tow. And your personal house cleaning service
doesn’t require tipping, though it is another entity
in which a holiday gift is commonplace.

(And as for the takeout slip, there is no obligation
to tip for takeout orders, although the staff would
certainly appreciate a little something.)

Copied from pagesmag.com

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.
Sweet Success

The impossible little treat that made a fortune

The Eskimo Pie—or chocolate covered ice cream bar—is something we take for granted, but think about it for a second: Why does it even work?

How do you get hot chocolate around ice cream without melting the ice cream?

In fact, that's a question everyone had when inventor C.K. Nelson began shopping around the idea in the 1920s and, truth be told, Nelson hadn't figured out the process either. It took a fellow named Russell Stover, a former chocolate factory superintendent, to make the sweet idea a reality. And the trick, in part, was the temperature of the chocolate. If you heat it to 115 degrees, then let it cool to 90 degrees, you can dip in a hard block of ice cream. Instead of the hot chocolate causing the ice cream to melt, the ice cream causes the chocolate to harden.

Russell and Nelson teamed up and sold the idea to ice cream companies, taking a penny royalty for every dozen bars made. They were soon hauling in $30,000 a week in royalties -- virtually an overnight success.

You might recognize Stover's name because he and his wife Clara went on to form Russell Stover Candies, a venture that started right in Clara’s kitchen. At the time of Russell's death on May 11, 1954, the Stovers were selling 11 million pounds of candy every year.

Copied from pagesmag.com

April 2019 30th Anniversary Meeting

The 30th Anniversary Nancy Eggleston Memorial Celebration and Hearts of Fame Awards Program was held April 25, 2019 at Eagle Eyrie Conference Center from 6:00 p.m. to 9:00 p.m. Approximately 65 folks attended. President Laurel Dodgion started the meeting and introduced the Master of Ceremonies Reverend Doctor Tom Bryant.

Tom introduced Doctor Tom Nygaard, Doctor David Frantz and Doctor Kenneth Saum, Bill Voerster, Mended Hearts Mid-Atlantic Assistant Regional Director and Bev Eggleston, Charter Member Chapter 16.

Pastor Dave Blackburn presented the Invocation. Then a wonderful meal was provided by the Eagle Eyrie Staff.

Dr. Tom Nygaard presented the Key Note Address that complimented Chapter 16 for its help to the cardiology program. He spoke of the Cardiovascular program: where it has been and where it is advancing in the world of technological medicine and surgery.

Pastor Dave Blackburn, Chapter 16 Vice President, introduced Beth Jones, RN Cardiac Rehabilitation, the Professional Honoree for Hearts of Fame. Beth is the middle of three generations of Nurses. She case manages up to 25 Patients in Cardiac Rehab. Beth was accompanied by her husband, Ronell Jones and her Mother and Father.

Chapter 16 Secretary Esther Tucker introduced Dallas Scott, Chapter 16 Newsletter Editor, Member of Chapter 16 Board of Directors, and an Accredited Visitor, the Membership Honoree. Dallas was accompanied by his wife, Frances Scott, son David Scott and Daughter-in-Law Helen Scott and Mr. Dillon.

President Laurel Dodgion introduced Past President and Historian Betty Skoldal as the Spirit Award Honoree. Betty is also a Past Secretary having served four years. Betty was accompanied by her two daughters.

Pastor Jackie Carver, Program Chair, performed the Memorial Service remembering Clarence Howard Austin, Lawrence “Rita” Bryant, Ed Brinson, Evangeline Foster, and Curtis Wade for their service and dedication to Chapter 16.

Special THANKS was given to all who had helped with planning of the Anniversary Dinner and "Hearts of Fame" Awards. You did a wonderful job and ALL had a wonderful Time.

President Laurel Dodgion Adjourned us wishing us all safe travels.
ENJOY YOUR UNIQUENESS

You are a unique gift to the world with special attributes that no one else has in exactly the same combination that you have. So enjoy your uniqueness. Your gifts are meant to be used. You have a distinct purpose. You are to know Him and the power of His resurrection. Life is God’s gift.

Your commitment to a positive life is a significant force in society. Your commitment gives you a sense of personal worth. Your life counts in a noble and crucial cause. You may never fully realize how far reaching is your influence or how far your shadow falls. Your commitment is to be all that God created you to be not to glorify yourself but to glorify God. Be the unique you that God created you to be because you are the best YOU there ever will be. You have been chosen to fulfill an aspect of His ministry. You are to build up the family of believers.

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

"For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting."

"And let us not be weary in well doing: for in due season we shall reap, if we faith not." Galatians 6: 7-9

When you do your very best, you like yourself and others like you too. When you do your very best with the unique gifts, talents, and abilities God has given you, you are ready to contribute to this world both now and until God calls you home.

By all means what ever you can do, or dream you can, begin it. Do you know that boldness has genius, power, and magic in it? With a purposeful life, you are most powerful. How you spend your time defines who you are.

Presented by Carolyn Lee Peerman

Laus Deo!

The "George Washington" Monument

One detail that is seldom mentioned is that in Washington, D.C. there can never be a building of greater height than the Washington Monument. With all the uproar about removing the Ten Commandments, etc., this is worth a moment or two of your time.

I was not aware of this amazing historical information. On the aluminum cap, atop the Washington Monument in Washington, D.C., are displayed two words: Laus Deo.

No one can see these words. In fact, most visitors to the monument are totally unaware they are even there and for that matter, probably couldn't care less. Once you know Laus Deo's history, you will want to share this with everyone you know.

These words have been there for many years; they are 555 feet, 5.125 inches high, perched atop the monument, facing skyward to the Father of our nation, overlooking the 69 square miles which comprise the District of Columbia, capital of the United States of America.

Laus Deo! Two seemingly insignificant, unnoticed words.

Out of sight and, one might think, out of mind, but very meaningfully placed at the highest point over what is the most powerful city in the most successful nation in the world.

So, what do those two words, in Latin, composed of just four syllables and only seven letters, possibly mean? Very simply, they say 'Praise be to God!'

Though construction of this giant obelisk began in 1848, when James Polk was President of the United States, it was not until 1888 that the monument was inaugurated and opened to the public. It took twenty-five years to finally cap the memorial with a tribute to the Father of our nation, Laus Deo, 'Praise be to God!' From atop this magnificent granite and marble structure, visitors may take in the beautiful panoramic view of the city with its division into four major segments.

From that vantage point, one can also easily see the original plan of the designer, Pierre Charles L'Enfant ...... a perfect cross imposed upon the landscape, with the White House to the north, The Jefferson Memorial is to the south, the Capitol to the east and the Lincoln Memorial to the west.

A cross you ask? Why a cross?

What about separation of church and state?

Yes, a cross; separation of church and state was NOT, is NOT, in the Constitution.

So, read on. How interesting and, no doubt, intended to carry a profound meaning for those who bother to notice. When the cornerstone of the Washington Monument was laid on July 4th, 1848 deposited within it were many items including the Holy Bible presented by the Bible Society. Praise be to God! Such was the discipline, the moral direction, and the spiritual mood given by the founder and first President of our unique democracy 'One Nation, Under God.'

I am awed by George Washington's prayer for America .... Have you ever read it? Well, now is your unique opportunity, so read on!

"Almighty God: We make our earnest prayer that Thou wilt keep the United States in Thy holy protection; that Thou wilt incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government; and entertain a brotherly affection and love for one another and for their fellow citizens of the United States at large.

And finally that Thou wilt most graciously be pleased to dispose us all to do justice, to love MERCY, and to demean ourselves with that charity, humility, and pacific temper of mind which were in the characteristics of the Divine Author of our blessed religion, and without a humble imitation of whose example in these things we can never hope to be a happy nation.

Grant our supplication, we beseech Thee, through Jesus Christ our Lord. Amen."

Laus Deo!

Presented by Carolyn Lee Peerman
Recipes for Healthy Living

Cookie cheesecake dessert tops off grilled dinner

Spring is an amazing time to grill outside in the fresh air enjoying time with friends and family. After the ribs or steaks, here’s a light dessert to finish the meal and delight the kids. This skinny cheesecake recipe can be served in a bowl and eaten with a spoon. But, you can also use it as a fruit dip for spring berries. This recipe uses nonfat Greek yogurt as a base, providing a boost of protein that doesn't include a lot of extra fat and sugar. As a bonus, the kids can help in the kitchen by crushing up the cookies. Just throw the cookies in a sandwich bag before letting the children take a whack at them!

Ingredients

1 cup nonfat vanilla greek yogurt
2 tablespoons instant cheesecake pudding mix (regular or sugar-free)
1 cup fat-free or sugar-free Cool Whip
4 thin chocolate sandwich cookies (or 2 regular-sized cookies)

Instructions

1. Stir the yogurt and pudding mix (just the dry mix, not prepared pudding) until they are smooth. Fold in the Cool Whip, then stir in the crushed cookies.

2. Chill until ready to serve or eat, garnishing with crushed cookies if desired.

How's the weather? May 9, 1780: 'Unnatural gloom'

About noon on May 9, 1780, day turned to night. "It was very dark where I then was in New-Jersey; so much so that the fowls went to their roosts, the cocks crew and the whip-poor-wills sung their usual serenade; the people had to light candles in their houses to enable them to see to carry on their usual business; the night was as uncommonly dark as the day was," wrote Revolutionary War soldier Joseph Plumb Martin.

Across the states of New England and into Canada, darkness descended and remained until the middle of the next day. Fearful persons believed the apocalypse was near.

Causes of the darkness have long been debated, but one accepted reason: A huge forest fire in what is now Algonquin Provincial Park. But, of course, with no modern communications, people knew nothing of this fire.
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 Betty Skoldal
Hospitality Ruby and Nelson Davis
Membership Dan Cousins
Newsletter Dallas Scott
Nominating Betty Skoldal
Photographer Carollyn Lee Peerman
Program Jackie Carver
Publicity Betty Drinkard
Socials Jean Blankenship
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 Liason
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

Chapter #16 Leaders

President Laurel Dodgion 434-610-6812
Vice President Dave Blackburn 434-525-0528
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 434-525-0528
Cardiac Staff Advisor Cindi Cole 434-200-6701
Staff Editorial Advisor Michelle Adams 434-200-7062
Immediate Past Pres Betty Drinkard 434-525-2852
Newsletter Editor Dallas Scott 434-610-4314
Volunteer Liason Betsy Howard 434-200-4696
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
wmcar1939@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

Flower Moon, May 18.
So named by Native American nations of New England and the Great Lakes because flowers were everywhere.
Pictures from the April Anniversary Meeting
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MH Visiting Schedule
Laurel Dodgion 434-610-6812 & Dan Cousins 434-944-5898
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE / / 

Name (Mr. /Mrs./Ms.) ________________________________  Chapter/Group ________ Member-at-large ________

Address ________________________________________________________________________________________  Phone ________________________________

City / ST / Zip ________________________________  I want to be a MH support volunteer:  ☐ Yes  ☐ No

Email address ____________________________________________________________  I am interested in CHD Parent Matching:  ☐ Yes  ☐ No

(Please check all that apply)  I am a  ☐ Heart Patient  ☐ Caregiver  ☐ CHD Parent  ☐ Physician  ☐ RN  ☐ Healthcare Employee

OPTIONAL INFO:  Race:  ☐ Caucasian  ☐ Black  ☐ Asian  ☐ Am. Indian  ☐ Hispanic  ☐ Other ____________  Gender:  ☐ Male  ☐ Female

Membership Levels:  All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

Associate Member --- FREE
* Can attend any chapter meeting for MH or MLH
* Can join online communities
* Can access Member Portal
* Receives the National e-newsletter

Individual Member --- $20 annual donation per person
* All of the benefits of an Associate Member, PLUS
* Membership Card
* Car Decal – Select ___ MH or ___ MLH
* One-time 5% off coupon for purchase from the MH store
* One year annual subscription to Heartbeat magazine ($30 value)

Bronze Member --- $45 annual donation per person
* All the benefits of a Full Individual Member, PLUS
* Membership Pin
* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Silver Member --- $100 annual donation per person
* All the benefits of a Bronze Member, PLUS
* A Stainless Steel Mended Hearts Travel Mug

Gold Member --- $250 annual donation per person
* All the benefits of a Silver Member, PLUS
* A Red Fleece Blanket
* 10% off registration of any National Conference or CHD Symposium

Heart of Gold Lifetime Sponsor --- $1500 donation
* A one-time donation per individual
* All the benefits of a Gold member FOR LIFE, PLUS
* 15% off registration fees at National MH/MLH Conferences / Symposia
* Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership --- $40 annual donation
* All of the benefits of an Associate Membership, PLUS
* One year annual subscription to Heartbeat magazine ($30 value)
* Membership Cards for all members of the family
* 2 Car Decals – Select ___ MH or ___ MLH
* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership --- $75 annual donation
* All of the benefits of a Family Membership, PLUS
* One Membership Pin per member
* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Note: National memberships are tax deductible less $10. Lifetime sponsorships are 100% tax deductible.

PAYMENT INFORMATION:

Membership Level ___________________________  $ _____________

Additional tax-deductible Donation to Mended Hearts Mended Little Hearts  $ _____________

TOTAL  $ _____________

Please make your check payable to Mended Hearts, Inc.  1500 Dawson Road Albany, GA 31707

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here.
Please DO NOT send chapter dues to the Resource Center.

Chapter # __16__  Annual Chapter Dues  $ 5.00

Additional Chapter Donation Amount $ _____________

TOTAL Paid to Chapter _____________
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

May 2019

Blue Ridge Chapter #16 of Mended Hearts, Inc. expresses our appreciation 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, 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.