PRESIDENT’S COLUMN — Laurel Dodgion

With May and Mother’s Day behind us, we seem to be rushing right into June and really hot weather. We are grateful for calm weather in our area, however, we have our minds and hearts on those in the pathway of floods and tornadoes.

Chapter 16 had a very successful “Belk Charity Day” our fundraiser, thanks to Deirdre Stevens, Chair of the event, and all those who helped sell tickets at the table for days at Belk. We raised $1,510 which is a new high for us.

May was busy for me personally, as I celebrated birthdays for my son, sister, son-in-law and grandsons-in-law! I was pleased to be able to present the “Nancy Eggleston Scholarship Award” to John Kristopher Suptela, a well deserving student, graduating from the Centra College of Nursing on May 10th. This scholarship will help in furthering his nursing career. Our monthly meeting was held May 23rd at Pearson Cancer Center. Dr. Stephanie Puckett, pharmacist, presented a program on “Medicine and the Heart”. As she presented her program, there were many questions that she answered on the spot concerning the medications.

May is also Veterans Month. So, we all need to remember and thank all our Veterans for their Service.

There will be no program meetings during the summer months of June, July, and August. But we will have our annual summer social, on July 27th at the Alliance Church on route 811, (1562 Thomas Jefferson Road). This social will start at 12:00 noon. So mark your calendar's and plan to join us. The chapter will provide hotdogs, hamburgers, buns and beverages. Please plan to bring your favorite dishes, to make this the summer success as we have had in the past. We will need a count on all those who will be joining us that day, call either Ruby Davis at (434) 845-5245, or me, Laurel Dodgion at (434) 610-6812 before July 24.

Have a great summer and Happy Father’s Day to all the Fathers in June.

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

Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

June, 2019 — No Meeting

July 27, 2019 Picnic: 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”

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

Happy Father’s Day!
Cares & Concerns: Judy and Wayne Toler, Co-Chairs

⇒ J. Lamar Smith, 90, died on May 12, 2019, at home following a brief illness.

⇒ Betsy Howard’s father, Rev. Dr. William Parrish quietly departed this earthly life on Sunday, May 12, 2019, at Westminster Canterbury, Lynchburg, Virginia.

Blue Ridge Mended Hearts Chapter 16 presents the “Nancy Eggleston Memorial Scholarship Award”

I was very honored to represent the Chapter while presenting the “Nancy Eggleston Memorial Scholarship Award” to John Kristopher Suptela for his Associate Degree in Nursing, on Friday, May 10, 2019, at the Tree of Life Ministries. He was an asset to their program, to his peers, and his patients, throughout his studies with Centra. Congratulations and Good Luck in your future endeavors.

“It’s Great to be Alive- and to Help Others.

President Laurel Dodgion
Blue Ridge Mended Hearts Chapter 16

Did you know?

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn’t rust, even if it’s buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.

Editor’s Page — Dallas Scott

May is over. June is beginning! Summer weather is colliding with Spring. Tornado Alley is active destroying all in the tornadoes path. Spring flowers have bloomed and 100 degree temperatures will soon be here. High Schools and Colleges have been sending forth the 2019 crop of new graduates full of enthusiasm and ideals. It might be one of these graduates who will be your next doctor or nurse in the years to come. We should encourage them to follow their dreams and continue in the betterment of society.

Memorial Day was when we look back at all of the Men and Women who have sacrificed their lives while defending this great country. It is because of their sacrifice that we are able to live in the land of the free. I thank them for their service and our freedom. They should never be forgotten!

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

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

Dallas Scott, Editor Accredited Visitor

You as a cardiac patient or care giver are invited to visit Mended Hearts Chapter #16 at our next meeting on September 26 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:
Charley’s Restaurant
Birthday:
Dallas Scott
Surgery Anniversary:
Dallas Scott
In Memory of:
Pat Staples from Kathy Hinkey
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.

May is now in the books. It is now the second busiest month behind January. You have still made a difference in 129 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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<tr>
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VISITING REPORTS

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June Birthdays
Dave Blackburn
Dan Cousins
Kris Krishnamoorthy
Kim Owen
Tommy Wright

June Surgery Anniversaries
Dan Cousins 2007
Dave Blackburn 2010
Mary Margaret Craig 2012

Fireworks safety
* Use fireworks on a hard, flat and level surface. The surface should be in an open area away from buildings, vehicles and shrubbery.
* Use a long-handled lighter so you can keep as far away as possible.
* Light one at a time. If it doesn't light, don't try to relight it. Let it stand for five minutes, then immerse it in water.
* Keep water close by, whether it's a hose or a bucket.
* In windy conditions, light where wind blows away from spectators and buildings.
* Children should not be allowed to handle, play with, or light fireworks.
* Stay alert. Don't drink while lighting fireworks.
* Don't let small children handle sparklers.

Feet change and that can be a big surprise
Suddenly your favorite brand of shoe just doesn't feel right. Not as comfy. Seems kind of snug. What did that company do to change the best shoe they made? Maybe nothing.

Our feet change and they change as we age. That can come as a surprise because everyone expects their appearance or hair to change in later life, but feet? Sadly, yes.

According to orthopedists, it's not that feet actually grow, but they can flatten and become wider and longer. Those with rheumatoid arthritis might realize it early, since they can see ligament and bone changes in their body as a whole. Diabetics, who must be monitor their feet for circulation and sensation, might not be surprised to see their shoe fit change. Still, everyone of a certain age, has to recognize that their shoe size might be changing or has changed. What happens is arches tend to flatten, making the foot longer. Ligaments loosen up, making the foot wider. In fact, over time, we all see our shoe size increase by at least a half size and maybe more.

Here is what you can do:
* Don't keep buying the same shoe size. You've bought three pair of shoes in the last six months and none seem to fit as you expect. Try going up a size or half size. Go for a looser shoe. Make sure it is comfortable when you first try them on. Never try to 'break in' a shoe.
* Try on shoes at the end of the day, when feet are a little swollen.
* Consider an orthotic insole if you notice a loss in the arch height.

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.
May 2019 General Meeting

President Laurel Dodgion opened the meeting with the Mended Hearts Prayer with 19 members and 5 guests present.

Program Chair Jackie Caver introduced Doctor Stephanie Puckett - Director of Pharmacy for Lynchburg General Hospital who presented a talk on “Medicine and Your Heart”. She discussed the following medicines used for heart disease.

S = Statins = Lipitor (atorvastatin), Crestor (rosuvastatin), Mevacor (lovastatin), Lescol (Fluvastatin), Prevasol (pravastatin), Zocor (Simvastatin), Livalo (pitavastatin), Vytorin (Simvastatin/ezetimibe). Lowers the level of cholesterol in the blood by reducing the production of cholesterol by the liver. Take at bedtime.

A = Antiplatelets = Asprin, Clopidogrel (Plavex), Plaugrel (Effient). Keeps blood platelets from sticking and forming clots.

A = Angiotensin Converting Enzyme (ACE inhibitors = Ramipril (Altace), enalapril (Vasotec), quinapril (Accupril), Captopril (Capoten), Fosinopril (Monopril), Benazepril (Lotensin), Lisinopril (Prinivil, Zestril), Trandolapril (Mavik). Help relax blood vessels.

Angiotensin receptor blockers (ARBs) = Cozaar (Pro) [losartan], Benicar (Pro) [olmesartan], Diovan (Pro) [valsartan]. ARBs dilate (widen) blood vessels, and are used in the treatment of conditions such as high blood pressure (hypertension), heart failure, or kidney disease in people with diabetes.

B = Beta Blocker = metoprolol (Lopressor, Toprol XL), nadolol (Corgard). Reduce heart rate; reduce blood pressure by dilating blood vessels. Lifetime use after heart attack, blocks adrenalin.

Anti coagulants (blood thinners) Anticoagulants prevent blood coagulation by reducing the action of clotting factors directly or indirectly. Warfarin (Coumadin, Jantoven), apixaban (Eliquis), rivaroxaban (Xarelto), heparin, enoxaparin (Lovenox).

Inhibit Vitamin K Novel Anticoagulants (NOACS) Act quickly but must monitor for bleeding and avoid NSAID (Ibuprofin). rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran (Pradaxa).

Calcium Channel Blockers disrupt the movement of calcium (Ca++) through calcium channels. Calcium channel blockers are used as antihypertensive drugs, i.e., as medications to decrease blood pressure in patients with hypertension. Helps the heart beat less forcefully. Amlodipine (Norvasc), Diltiazem (Cardizem), Verapamil (Calan, Isoptin), Nifedipine (Procardia, Adalat). Avoid grapefruit juice.

Doctor Puckett answered question for some time.

President Laurel Dodgion Adjourned us wishing us all safe travels.
“THE POWER OF PERSISTENCE

“If you are tired, keep going; if you are scared, keep going; if you are hungry, keep going; if you want to taste freedom, keep going.” This was the motto of Harriet Tubman, Underground Fighter, on her road from slavery to freedom.

How can you achieve anything worthwhile unless you persist? Do not let discouragement overwhelm you; persist. Put one foot in front of the other and travel on and on. “Never give in, never give in, never, never, never, never, in nothing, great or small, large or petty, never give in except to convictions of honor and good sense,” noted Sir Winston Spencer Churchill.

You are not called to go where it is easy; you are called to where you are sent. Is there a short cut to everything? No. Why not learn the lesson that the most difficult way is, in the long run, the easiest.

Do you possess audacity and boldness along with persistence? By all means act swiftly and vigorously. Engage, fight on, and see what happens. Above all, do something. Be willing to endure fatigue and hardship. Is a trifle going to determine the outcome of your event?

Good intelligence is nine-tenths of your battle. Think through your decisions that lead to your actions. Do you not know that nothing is more difficult, and therefore more precious, than the ability to decide? Make your own circumstances. You can never recover lost time.

Balance intelligence and ability in order to be persistent. How do you confront boldness? Be bold, still. In any enterprise there is but one favorable moment. The mark of genius is to seize the moment.

‘If you start to take Vienna, take Vienna.” Napoleon Bonaparte 1769-1821.

Presented by Carollyn Lee Peerman

“45 Lessons Life Taught Me” by Regina Brett, age 90

1. Life isn’t fair, but it’s still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won’t take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don’t have to win every argument. Agree to disagree.
7. Cry with someone. It’s more healing than crying alone.
8. It’s OK to get angry with God. He can take it.
9. Save for retirement starting with your first pay check.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won’t screw up the present.
12. It’s OK to let your children see you cry.
13. Don’t compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn’t be in it.
15. Everything can change in the blink of an eye. But don’t worry, God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn’t useful, beautiful or joyful.
18. Whatever doesn’t kill you really does make you stronger.
19. It’s never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don’t take no for an answer.
21. Burn the candles, use the nice sheets, and wear the fancy lingerie. Don’t save it for a special occasion. Today is special.
22. Over prepare, and then go with the flow.
23. Be eccentric now. Don’t wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words ‘In five years, will this matter?’
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don’t take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn’t do.
35. Don’t audit life. Show up and make the most of it now.
36. Growing old beats the alternative-dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else’s, we’d grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn’t tied with a bow, but it’s still a gift. These lines are something we should all read at least once a week!

Presented by Carollyn Lee Peerman

"At first I was wondering who all the old people are, until I realized I'm one of them."
Recipes for Healthy Living

Cool summer combo for hot days

Hanging out by the pool on hot summer days calls for some cool summer recipes. Here's just the ticket:

Spicy Perspective has a great recipe for strawberry smoothies that are easy to make poolside with just a few fresh ingredients and an electric blender. Love from the Oven, meanwhile, provides a summer pasta salad recipe that can be made the night before and served quickly so that you won't miss any time sunbathing or swimming! Here's how to make one version of these summer delights.

**Simple strawberry smoothies**

**Ingredients:**
- 3 cups frozen strawberries
- 1.5 cups milk, any fat content
- 1/3 cup strawberry jam

**Instructions:**
1. Place the frozen strawberries, jam, and milk into the blender.
2. Secure the lid.
3. Puree until smooth.

That's it! Garnish with fresh fruit if desired!

**Summer Pasta Salad**

**Ingredients:**
- 2 cups pasta such as rotini, fusilli, penne or farfalle, uncooked
- 2 cups fresh broccoli florets
- 6 oz. chopped cooked chicken or turkey breast (approximately two small chicken breasts)
- 1 cup halved cherry tomatoes or 1 large tomato cut into chunks
- 1 cup chopped or grated carrots
- 1/2 cup prepared Italian dressing mix - or try sweet Italian from bottle or jar
- 4 oz. Kraft cheddar cheese cubes
- 1/4 cup sliced black olives
- 1/4 cup Kraft shredded Italian five cheese blend

Optional: A few fresh herbs such as basil for garnish

**Instructions:**
1. Cook pasta as directed on package, adding broccoli to the cooking water for the last 2 min. of the pasta cooking time; drain and rinse with cold water.
2. Toss chicken, tomatoes, carrots, dressing, cheddar cheese and olives in large bowl. Add pasta mixture; mix lightly.
3. Sprinkle with shredded Italian cheese.

If not serving immediately, store in refrigerator. The pasta cools and flavors blend overnight, if you make ahead.

*Copied from pagesmag.com*
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

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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: Carolyn Lee Peerman
Program: Jackie Carver
Publicity: Betty Drinkard
Socials: Jean Blankenship
Speakers Bureau: Betty Drinkard
Visiting Chair: Dan Cousins

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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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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 Liaison: Betsy Howard Services — LGH & VBH 434-200-4696

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
mendedheartsbillv@gmail.com

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

Welcome Summer!
 Begins June 21
Pictures from the May General Meeting
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MH Visiting Schedule
Laurel Dodgion 434-910-6812
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 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 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 # _______  Annual Chapter Dues  $ ________

Additional Chapter Donation Amount  $ _______________

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

June 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.