PRESIDENT’S COLUMN — Laurel Dodgion

We go from one ‘event’ to the next with hardly a breather in between!! After Father’s Day, graduations, and many summer vacations, July is over but not without memories of more hot and humid weather with lots of storms. Because we did not have a July newsletter I would still like to say HAPPY 4TH OF JULY and hope it was a good one!!!!

It’s been a great time to celebrate with family and friends this summer. I was able to visit with my daughter in Myrtle Beach and celebrate birthdays with my grandson and his family, AND playing with my great grandchildren which was ‘icing on the cake’. Our children and grandchildren grow up too fast and we need to take advantage of every opportunity we can to be with them.

As summer comes to an end, it is a good time to think about what we need to accomplish in Mended Hearts. I would like to challenge each member to recruit a new member before our meeting in September. Almost everyone has friends or acquaintances that have talked about their heart problems, or answer any questions they may have. We need more members and with the new application forms located on the back of the newsletter (or pick up at our meeting) potential members are able to select the form of payment and how ‘they’ want to become a member.

As always, our meetings are held on the 4th Thursday at the Pearson Cancer Center at 12:00 noon. If you have any questions or need to talk to somebody please feel free to call me, Laurel at 434 610 6812. I would also like to inform you that National no longer sends reminders notices to members for their annual dues. This ‘letter’ will serve as a notice to you to please send in your dues. All dues are due!

I hope you were able to make our summer social at the Alliance Church. AS USUAL, there was too much food, we ate too much, it was all delicious, and a good time was had by all!!

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

Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

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

Success is how high you bounce when you hit bottom. General George Patton

Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it. M. Scott Peck

When we cannot bear to be alone, it means we do not properly value the only companion we will have from birth to death -- ourselves.

Eda LeShan

Inside this issue

- Cares and Concerns
- Editor’s Page
- Mended Hearts Chapter #16 Visiting Reports
- Donations
- Birthdays and Surgery Anniversaries
- Mended Hearts Prayer
- News from the Board Meeting
- General Meeting Notes
- Member Prepared Articles
- Recipes for Healthy Living
- Chapter #16 Leaders
- Pictures from General Meeting
- Visiting Schedule
- Member Enrollment Form
- Mission Statement

August 2019
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.

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

Editor’s Page — Dallas Scott

August is beginning! Summer weather has been very rough in many parts of our country. Spring flowers have bloomed and 100 degree temperatures are 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.

As you know we did not have a June issue of the newsletter. I came down with Lyme Disease and was unable to put the newsletter together. I spent 12 days fighting what I thought was the flu. Went to the doctor and he confirmed I had a low level of the flu but I had let it go too long for him to give me an antibiotic so he gave me a cough medicine and told me to come back if I did not feel better in three days. Three days later I go to another doctor who identified I might have a touch of pneumonia. She prescribed an antibiotic. The next morning I woke up with welts all over my body. I looked like Frances beat me with a whip. I continued for two days. Frances told me we were going to the ER and I had two choices. I could ride in our Escape or she would call 911. I let her drive. I was admitted to the hospital. After taking a pint of blood (I thought it was a quart) and three days in the hospital, I was told I did not have the flu or pneumonia, the antibiotic did not cause the welts. Everything was caused by Lyme Disease.

We are now on vacation in Idaho for Frances’ family reunion. We saw everyone while you were having the picnic. I’m sure the picnic was wonderful.

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

Indiana: What is the difference between Indiana sports fans and puppies? Eventually, the pups will grow up and stop whining.

Minnesota: What are the four seasons in Minnesota? Almost winter, winter, still winter, and construction.

Nebraska: Just keep driving. When something changes, you’ll know you’re out of Nebraska.

Vermont: What did the guy from Burlington say to the Pillsbury Doughboy? “Hey, nice tan.”
July & August Birthdays
Ken Gogel
Debbie Maddox
Carolyn Peerman
Nelson Davis
Betty Drinkard

July & August Surgery Anniversaries
Tommy Wright  2009
Debbie Maddox  2011

Medications can contribute to dry mouth
In the fall or spring, if you take antihistamines to combat seasonal allergies, you may find yourself with an annoying side effect: Dry mouth.

But, it isn't just antihistamines. Hundreds of medications cause dry mouth including pills for blood pressure, pain, muscle relaxants, anxiety, depression and simple decongestants. Also, health conditions, including diabetes, or treatments such as cancer radiation therapy can cause the condition.

Symptoms of dry mouth include severely painful dry tongue, choking, sore throat, and hoarseness. It can change the taste of food, cause bad breath, and affect teeth and gums.

You can get relief through some prescription medications. However, home care can help.

- Use a humidifier at night.
- Chew sugar-free gum.
- Sip water frequently.
- Avoid sugar, acidic foods, caffeine, alcohol, and tobacco.
- Try switching out medications with your doctor's help.

Many dry mouth over-the-counter symptom relievers are available, including special mouthwash that does not contain alcohol. Dry mouth sprays can be helpful at night, but if they don't seem to have staying power, try the gels.

Back-to-school is big business
It's an annual tradition for many: lugging the kids around for clothing and other supplies at back-to-school time.

But it's also big business, with this time of year ranking only behind the holidays for spending. In a survey conducted last year by the National Retail Federation and Prosper Insights and Analytics, total spending for K-12 and college combined was projected to reach $82.8 billion.

A story out of Denver reported that back-to-school spending had surpassed Christmas shopping for a number of retailers there. Families with children in elementary through high school planned to spend an average $684.79 each, while college students and families of those in college planned to spend an average $942.17 each.

In an era dominated by tech, it was an old standby that nevertheless ruled the day. Families spent the most on clothing. NRF posited that gadgets have become such a staple in everyday life that they are purchased year-round rather than being an item that consumers save for and buy at a certain time of year.

Consumers also start fairly early, at an average of three weeks before school begins. This can make for a lengthy retail season, as the start of the school year varies by about a month across the country (anywhere from the beginning of August to the beginning of September).

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.

"They need to come up with an app that will locate your glasses."
**ESTHER TUCKER — DONATIONS & GIFTS**

**DONATIONS MADE TO CHAPTER #16**

**DONATIONS:**

None

**Birthday:**

None

**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

**VISITING REPORTS**

<table>
<thead>
<tr>
<th></th>
<th>Patients Visited</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>June</strong></td>
<td><strong>July</strong></td>
<td></td>
</tr>
<tr>
<td>Patients visited (Including H.R.)</td>
<td>98</td>
<td>108</td>
</tr>
<tr>
<td>Home Recovery</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Family</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>Pre-Op</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Post-Op</td>
<td>61</td>
<td>73</td>
</tr>
<tr>
<td>Hours</td>
<td>84</td>
<td>78.5</td>
</tr>
</tbody>
</table>

June and July are now in the books. These are both in the lower end of patients and families visited. You have still made a difference in 206 patients’ and families’ lives over the two month time. 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>9/26/19</td>
<td>Mary Margret 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>

**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.
What I Know: What Remains?

What is there that will remain of your life after you are dead? Have you thought about it? This is the question of all time. What remains is the story of your life. It is the one thing that you really own.

Why not write it down? In 2005 Carole Radziwill wrote her story down in a book entitled, What Remains, and it turned into a New York Times Bestseller. It is a haunting memoir about a girl from a working-class town who becomes an award-winning television producer and marries a prince. It is utterly gripping. I couldn’t put it down.

Carole’s husband, Anthony Radziwill, was one of a long line of Polish royals and nephew of President John F. Kennedy. He died of cancer three weeks after the plane crash that killed Anthony and Carole’s best friends, John and Carolyn Bessette Kennedy. Carole Radziwill writes her story with unflinching honesty. This is what makes her book so compelling. In a moment on an ordinary day your life can completely change with your story ending abruptly. The carefully placed pieces of relationships break apart. Carolyn Bessette Kennedy had a theory about relationships: “You’re much happier when you wait. The ones that come to you are the only ones worth anything. It’s like standing on the shore and spotting something in the water. You can splash around to try to get it, or you can wait and see if the tide brings it in.”

You and I will leave everything behind. Only your life’s story remains. It is what you do in life’s dash—that little line between the date of your birth and the date of your death. How wise to start each day with the thought that there is nothing on earth that you can really own! It is so easy to suspend reality—to think that death is always something that happens to someone else but never to you and certainly not today, not now. When someone is dying it is so easy to pretend that they are not dying and that everything is fine. Only fairy tales like Cinderella have happy endings. For a happy ending you have to stop while the hero is alive and before tragedy strikes. Keep the memories of days in the sun.

“And another regrettable thing about death is the ceasing of your own brand of magic, which took a whole life to develop and market—the quips, the witticisms, the slant adjusted to a few, those loved ones nearest the lip of the stage,” wrote John Updike in “Perfection Wasted.” There is no more the faint smell of your loved one’s perfume, boundless generosity, or the phone calls. There is no more hearing your loved one tell you how pretty or handsome you are. There is no one else so eager to see you again after a long day’s absence.

What is left that is meaningful except your faith? Job says, “I know that my Redeemer liveth, and that he shall stand at the latter day upon the earth: and though after my skin worms destroy this body, yet in my flesh shall I see God.”

Cut resistant gloves take the ouch out of kitchen work

⇒ Opening cans of pet food.
⇒ Cutting an onion (or an avocado).
⇒ Using a grater.

Sooner or later, you’re going to get a ding and if you have a little arthritis in your hands, maybe a bad cut. No-cut gloves can solve most of the kitchen or thorny garden problems you might encounter.

Slice resistance

A number of cut-resistant gloves on the market resist slicing even from very sharp knives, such as hunting knives. Among the top brands: No Cry, Stark Safe, Epica, and Wislife, according to glovesmag.com. These brands make gloves that offer superb protection for kitchen, gardening, fish cleaning, or working with saws or glass. However, these gloves probably aren’t suitable for industrial applications. They are not resistant to punctures.

Heat resistance

If you put logs in a fireplace, or love to grill, heat resistance can be essential. One brand in this area is Bluefire. Their gloves are heat and cut resistant. However, they come in only one size, which might be clumsy for smaller hands.

Slip resistance

Most gloves offer some slip resistance, but G&F gloves have a silicone coating on the palm that improves grip. They are also cut and heat resistant.

Copied from pagesmag.com
What I Know: What Remains?

What is there that will remain of your life after you are dead? Have you thought about it? This is the question of all time. What remains is the story of your life. It is the one thing that you really own. Why not write it down? In 2005 Carole Radziwill wrote her story down in a book entitled, What Remains, and it turned into a New York Times Bestseller. It is a haunting memoir about a girl from a working-class town who becomes an award-winning television producer and marries a prince. It is utterly gripping. I couldn’t put it down.

Carole’s husband, Anthony Radziwill, was one of a long line of Polish royals and nephew of President John F. Kennedy. He died of cancer three weeks after the plane crash that killed Anthony and Carole’s best friends, John and Carolyn Bessette Kennedy. Carole Radziwill writes her story with unflinching honesty. This is what makes her book so compelling. In a moment on an ordinary day your life can completely change with your story ending abruptly. The carefully placed pieces of relationships break apart. Carolyn Bessette Kennedy had a theory about relationships: “You’re much happier when you wait. The ones that come to you are the only ones worth anything. It’s like standing on the shore and spotting something in the water. You can splash around to try to get it, or you can wait and see if the tide brings it in.”

You and I will leave everything behind. Only your life’s story remains. It is what you do in life’s dash—that little line between the date of your birth and the date of your death. How wise to start each day with the thought that there is nothing on earth that you can really own! It is so easy to suspend reality—to think that death is always something that happens to someone else but never to you and certainly not today, not now. When someone is dying it is so easy to pretend that they are not dying and that everything is fine. Only fairy tales like Cinderella have happy endings. For a happy ending you have to stop while the hero is alive and before tragedy strikes. Keep the memories of days in the sun.

“And another regrettable thing about death is the ceasing of your own brand of magic, which took a whole life to develop and market—the quips, the witticisms, the slant adjusted to a few, those loved ones nearest the lip of the stage,” wrote John Updike in “Perfection Wasted.” There is no more the faint smell of your loved one’s perfume, boundless generosity, or the phone calls. There is no more hearing your loved one tell you how pretty or handsome you are. There is no one else so eager to see you again after a long day’s absence.

What is left that is meaningful except your faith? Job says, “I know that my Redeemer liveth, and that he shall stand at the latter day upon the earth: and though after my skin worms destroy this body, yet in my flesh shall I see God.”

What I Know: You Need To Learn Something From Every Person You Meet

“Humility is the realization that not everything that happens in life is all about you. Things may work out well, but you may not have been the primary reason for their success. Things may fail, but the failure may not have been your fault,” wrote Rabbi Harold S. Kushner in his new book, Overcoming Life’s Disappointments. Realizing that the world does not go around just because of you, are you humble enough to listen and learn from every person you meet? After all, everyone you meet has something to teach you — and you have something to teach him or her. It is a two-way street.

Why take the time to listen and learn from another person? It is because everyone is equal in God’s eyes. Whether the person lives on the street or is a high-class businessman or has Down’s syndrome, all people deserve respect and have something to teach you. The question is, “Are you listening?”

How do you get along with difficult people? Realizing that no one is 100% difficult, make your goal to look for the better part of someone’s nature.

Look until you find that better part. Then everybody benefits. The difficult person will become less difficult and you will have done something that you really didn’t want to do in the first place. That is quite an achievement. You have pushed yourself to new limits in your quest to get along with other people.

“Life is not about how fast you run or how high you climb, but how well you bounce,” wrote Willie Nelson. That is why it is so important to listen and learn from all people. You can learn about how they bounced back from disappointments and what gave them the strength to go on. What makes people resilient when their dream is deferred? “Does it dry up like a raisin in the sun?” wrote Langston Hughes. Even the great and successful people that you read about in biographies learn to cope with failure, rejection, bereavement, and serious illness. When life dealt them a poor hand, they played it well. They learned how to grow their own sense of self-worth so that they were not dependent on handouts or ego boosts from others. They became self-assured.

“Hope is not about everything turning out okay. It is about being okay no matter how things turn out,” is an anonymous quote with profound meaning. Are you okay no matter how things turn out? That is what it means to be rock solid with your security firmly grounded in the Rock of Ages.

Learning from every person is a way to make things happen. It is far more satisfying figuring out how to make something happen than accepting any excuse for it not happening. One way to win the game is to know what you are going to do with the ball before you get it. It is all about anticipation. So what happens if you drop the ball? Bounce right back up and keep going.
Recipes for Healthy Living

Colorful way to use those summer vegetables

Make use of one of the best vegetables of the summer by using fresh, in-season zucchini for these stuffed boats from Cooking LSL. This recipe will allow you to use fresh peppers and tomatoes from the garden if you have them handy as well. The best part is that it's a very healthy recipe that you won't have to feel guilty about enjoying!

Ingredients

2 medium zucchini
Olive oil spray
1 cup of cooked quinoa
0.5 cup of chopped bell pepper (add jalapenos for extra spice)
Half of a large tomato, peeled and chopped
1 garlic clove
0.25 teaspoon oregano
0.25 teaspoon basil
1 teaspoon salt
0.5 teaspoon black pepper
Parsley (for garnish if desired)
2 tablespoons crumbled bleu cheese (for garnish if desired)

Directions

1. Preheat the oven to 350 F. Set up a baking dish and spray it with olive oil.
2. Cut the zucchini lengthwise and scoop out the middle of them with a spoon. Spray the inside with olive oil and season with salt and pepper.
3. In a bowl, combine the quinoa, peppers, tomato, garlic, oregano, basil, and parsley. Stir together and add salt and pepper to taste.
4. Place the zucchini in the prepared baking dish and fill them with the mixture.
5. Bake for 20 minutes and then top with cheese crumbles. Broil for two more minutes.
6. Can be served hot or chill for serving cold later!

Copied from pagesmag.com

National Roller Coaster Day
August 16
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: Carolyn 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

Medical Advisors:

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
Director of Volunteer Services — LGH & VBH

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
mendedheartsbilly@gmail.com

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

Welcome Summer!
 Begins June 21
Pictures from the July Social Meeting

No Pictures received for the July Picnic. We will show them next newsletter.
<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></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 All Dodgion</td>
<td>5 All Dodgion</td>
<td>11 All Carver</td>
<td>18 All Carver</td>
<td>25 All Carver</td>
<td>26 All Carver</td>
<td>29 All Cousins</td>
</tr>
<tr>
<td>7 All Blackburn</td>
<td>13 All Carver</td>
<td>19 All Carver</td>
<td>27 All Blackburn</td>
<td>30 All Cousins</td>
<td>30 All Cousins</td>
<td>30 All Cousins</td>
</tr>
<tr>
<td>8 All Owens</td>
<td>14 All Krishnamoorthy</td>
<td>21 All Blackburn</td>
<td>28 All Blackburn</td>
<td>28 All Blackburn</td>
<td>28 All Blackburn</td>
<td>28 All Blackburn</td>
</tr>
<tr>
<td>9 All Wright</td>
<td>15 All Dwight</td>
<td>22 All Cousins</td>
<td>29 All Cousins</td>
<td>29 All Cousins</td>
<td>29 All Cousins</td>
<td>29 All Cousins</td>
</tr>
<tr>
<td>10 All Wright</td>
<td>16 All Wright</td>
<td>23 All Cousins</td>
<td>30 All Cousins</td>
<td>30 All Cousins</td>
<td>30 All Cousins</td>
<td>30 All Cousins</td>
</tr>
<tr>
<td>11 All Carver</td>
<td>17 All Carver</td>
<td>24 All Carver</td>
<td>30 All Carver</td>
<td>30 All Carver</td>
<td>30 All Carver</td>
<td>30 All Carver</td>
</tr>
</tbody>
</table>
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 of 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 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

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 # __  Annual Chapter Dues $ ________

Additional Chapter Donation Amount $ ______________

TOTAL Paid to Chapter $ ______________
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.