PRESIDENT’S COLUMN — Laurel Dodgion

I can’t believe it’s October already, September was so busy for me it just flew by. We just got back from a wedding in Connecticut. Then we had our board Meeting and Program with Dr Kuk. It was a wonderful and informative program about the electrical issues in Heart Treatment, AFib, other irregular heart beats, and how it all works together.

I hope everyone got the new membership letter from Dan Cousins and sent it back to Dan. This is very important. We need everyone’s support in this. We need information to keep everything going. So if you have not sent it, please do so.

Well it looks like October is just as busy. We have our Board Meeting at 10am, on Oct. 24, 2019 and Program right after that at 12:00-2, at the Pearson Cancer Center, with Sarah Harvey, NP. She will be discussing “Lifestyle Changes for Better Health”. This is very important for all of us.

We have our 2019 Mid-Atlantic Regional Educational Meeting in Gastonia, NC on Saturday October 26, 2019 from 8am to 4pm. If any one would like to go. You must get registered. Please let me know. We have a few people going that you might catch a ride.

We are also “Creating A World of Support” online, for a Fundraiser for the “World Heart Day” that is September 29,2019. This is going on now, from Sept. 15 to Oct. 15. You can go to www.classy.org/Mended Hearts , Chapter 16 , Lynchburg,Va , LaurelDodgion. To donate for our chapter. This will help raise money for us. To support the programs we have for scholarships, help those in Rehab, give AED to church’s in need, help those in home recovery, we give to Shriners Hospital for Children, to help in Nancy Eggleston Medical Students Scholarship, Centra Foundation, Doctors African Mission, and to National Mended Hearts & Mended Little Hearts, just to name a few.

Have a great month and see you all Oct. 24, 2019. And don’t forget to bring a friend.

“It’s Great to be Alive ~ and Help Others”
Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

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

The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is.
- Winston Churchill

I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crisis. The great point is to bring them the real facts.
- Abraham Lincoln

Every Christian must be convinced of his fundamental and vital duty of bearing witness to the truth in which he believes and the grace that has transformed him.
- Pope John XXIII

Inside this issue

<table>
<thead>
<tr>
<th>Pages</th>
<th>Articles</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Cares and Concerns</td>
</tr>
<tr>
<td>2</td>
<td>Editor’s Page</td>
</tr>
<tr>
<td>3</td>
<td>Mended Hearts Chapter #16 Visiting Reports</td>
</tr>
<tr>
<td>3</td>
<td>Donations</td>
</tr>
<tr>
<td>4</td>
<td>Birthdays and Surgery Anniversaries</td>
</tr>
<tr>
<td>4</td>
<td>Mended Hearts Prayer</td>
</tr>
<tr>
<td>5</td>
<td>News from the Board Meeting</td>
</tr>
<tr>
<td>5</td>
<td>General Meeting Notes</td>
</tr>
<tr>
<td>6</td>
<td>Member Prepared Articles</td>
</tr>
<tr>
<td>6</td>
<td>Pages Magazine Articles</td>
</tr>
<tr>
<td>7</td>
<td>Recipes for Healthy Living</td>
</tr>
<tr>
<td>7</td>
<td>Chapter #16 Leaders</td>
</tr>
<tr>
<td>8</td>
<td>Pictures from General Meeting</td>
</tr>
<tr>
<td>9</td>
<td>Visiting Schedule</td>
</tr>
<tr>
<td>10</td>
<td>Member Enrollment Form</td>
</tr>
<tr>
<td>11</td>
<td>Mission Statement</td>
</tr>
<tr>
<td>12</td>
<td></td>
</tr>
</tbody>
</table>
Cares & Concerns: Judy and Wayne Toler, Co-Chairs

⇒ **Norman Ralph "Buddy" Tucker**, 89, of Concord, passed away on Monday, August 19, 2019. He was the husband of Shirley Wooldridge Tucker for 70 years. Born on April 9, 1930, in Lynchburg, he was the son of the late Norman Henry Tucker and Annie Coleman Tucker. He was a former member of Chapter 16.

⇒ **Ruth G. Milks**, Kim Owen’s mother, passed away on September 13, 2019.

⇒ **Carol Bryant**, Carpal Tunnel Surgery. Doing well.

"I've changed. Now I only release the flying monkeys when I'm out of coffee."

"Nothing worse than a hot flash when you're retaining water."

**Editor’s Page — Dallas Scott**

Fall is here, finally but where is the cool weather? Someone forgot to give Mother Nature the message to make the change.

Frances has been notified that she can no longer bring Mr. Dillon into the Pearson Cancer Center. This means she can no longer join our Board meetings or General Meetings. This raises a dilemma for me. I quit Lions after 30 years because they would not allow Mr. Dillon to be in meetings. Do I do the same thing with Mended Hearts? I really enjoy the visitations and the fellowship but it is not worth separating from my wife. I had to do that for 38 years while working. In retirement, I find that I enjoy her company more than ever. Frances has asked me not to resign from Mended Hearts. I will comply with her request. You should THANK her.

I look forward to seeing you at the next General Meeting in October.

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

Dallas Scott, Editor Accredited Visitor

Q: What do owls say when they go trick or treating?
A: Happy Owl-oween!

Q: Which type of pants do ghosts wear?
A: Boo-Jeans.

Q: What do they teach in witching school?
A: Spelling.

Q: Which musical instrument do skeletons play?
A: Trom-Bone.

Q: What's a ghost's favorite dessert?
A: Boo-berry pie.

Q: What do you call a spirit who gets too close to a camp fire?
A: A toasty ghosty.

Q: Why did Dracula take cold medicine?
A: To stop his coffin.

Q: Where does a ghost go on vacation?
A: Mali-boo.

Q: What do the skeletons say before eating?
A: Bone appetite.

Q: What do ghosts call their girlfriends?
A: Their ghoul friends.
October Birthdays
Janie Cousins
Vivian Hamilton
Bill San Soucie

October Surgery Anniversaries
Andre Spencer 2003
Laurel Dodgion 2010
Margret Mundy 2015

Community banking makes towns flourish
In this day of mergers, acquisitions, and massively large corporations, it may seem slightly surprising that community banks still flourish in the face of big competition. But community banks are seen as critical to the country’s economy and serve an important role.

In fact, The Federal Reserve System acknowledged the importance of community banks when it started publishing Community Banking Connections. It defines community banks as those with less than $10 billion in total assets.

Community banks are typically more agile and flexible in their lending because they understand their community and customers on a more intimate level. And a lot of the U.S. economy flows through them. According to The Independent Community Bankers of America, community banks:

* Comprise 99 percent of all banks
* Provide more than 60 percent of all small business loans
* Make more than 80 percent of agricultural loans
* Have more than 50,000 locations nationwide
* Employ nearly 750,000 people

Copied from pagesmag.com

MEDICAL DICTIONARY

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artery</td>
<td>The study of paintings</td>
</tr>
<tr>
<td>Bacteria</td>
<td>Back door to cafeteria</td>
</tr>
<tr>
<td>Caesarean Section</td>
<td>A neighborhood in Rome</td>
</tr>
<tr>
<td>Dilate</td>
<td>To live long</td>
</tr>
<tr>
<td>Fester</td>
<td>Quicker than someone else</td>
</tr>
<tr>
<td>Fibula</td>
<td>A small lie</td>
</tr>
<tr>
<td>Labor Pain</td>
<td>Getting hurt at work</td>
</tr>
<tr>
<td>Medical Staff</td>
<td>A doctor’s cane</td>
</tr>
<tr>
<td>Morbid</td>
<td>A higher offer</td>
</tr>
<tr>
<td>Nitrites</td>
<td>Higher than day rates</td>
</tr>
<tr>
<td>Node</td>
<td>I knew it</td>
</tr>
<tr>
<td>Outpatient</td>
<td>A person who has fainted</td>
</tr>
<tr>
<td>Pelvis</td>
<td>Second cousin to Elvis</td>
</tr>
<tr>
<td>Post Operative</td>
<td>A letter carrier</td>
</tr>
<tr>
<td>Recovery Room</td>
<td>Place to do upholstery</td>
</tr>
<tr>
<td>Seizure</td>
<td>Roman emperor</td>
</tr>
<tr>
<td>Tablet</td>
<td>A small table</td>
</tr>
<tr>
<td>Terminal Illness</td>
<td>Getting sick at the airport</td>
</tr>
<tr>
<td>Tumor</td>
<td>One plus one more</td>
</tr>
</tbody>
</table>

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.

“Check the expiration date. Make sure it hasn't gone bad.”
ESTHER TUCKER — DONATIONS & GIFTS
DONATIONS MADE TO CHAPTER #16

DONATIONS:
None

Birthday:
None

Surgery Anniversary:
None

In Memory of:
Ruth Milks, Kim Owens mother by Jay & Kelly Mininger, Linda Edlin and Ashley Edlin

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.

September is now in the books. This is below the average for patients and families visited. You have still made a difference in 109 patients’ and families’ lives over the month. 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.

<table>
<thead>
<tr>
<th>VISITING REPORTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>September</td>
</tr>
<tr>
<td>Patients visited —</td>
<td></td>
</tr>
<tr>
<td>(Including H.R.)</td>
<td>109</td>
</tr>
<tr>
<td>Home Recovery —</td>
<td>7</td>
</tr>
<tr>
<td>Family —</td>
<td>25</td>
</tr>
<tr>
<td>Pre-Op —</td>
<td>11</td>
</tr>
<tr>
<td>Post-Op —</td>
<td>66</td>
</tr>
<tr>
<td>Hours —</td>
<td>88.5</td>
</tr>
</tbody>
</table>

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>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>

BEFORE YOU KNOW IT.

THE SQUASH COMETH.
Board Meeting Happenings: September 2019

The Board of Directors meeting on September 26, 2019 was started at 10:00 pm by President Laurel Dodgion. The Board approved the purchase of an AED for Timberlake Christian Church. Membership updates are due to Dan Cousins 434-966-5898. Everyone needs to fill out an application. Local dues of $5.00 are also due.

The next Board Meeting will be October 24, 2019 at 10:00 am at Pearson Cancer Center.

Mid-Atlantic Regional Meeting

What: Mid-Atlantic Regional Meeting
When: October 26 8:00 am to 2:00 pm
Where: Gastonia, North Carolina at CaroMont Heart & Vascular Regional Medical Center, 200, 2555 Court Dr, Gastonia, NC 28054
Hosted by: Mended Hearts Chapter 379

If you are interested in going to this informative meeting, Please contact President Laurel Dodgion at 434-610-6812.

What to do for something in the eye

Once in a while, everyone gets something in their eye: a bit of makeup, a grain of sand, or an eyelash.

When that happens, never rub your eye. Immediately remove contact lenses. The natural reaction of the eye is to flood with tears, which usually washes out debris.

If the eye debris doesn't flood out with tears, fill a small container with clean water or saline, according to WebMD. Drench your eye in the water and open and close it several times.

An eye wash station is sometimes available at workplaces. Always use it, if available.

When to get help for eyes

See an emergency physician immediately if anything has pierced the eye, the eye bleeds, or the eye won't close. Harsh chemicals in the eye are also an emergency. Flush immediately with water for 15 minutes then secure a paper cup over the eye and get help.

Hydrogen water

The newest health craze is hydrogen water which, at about $8 a bottle, makes it similar to most health crazes: It's expensive.

The idea is that adding hydrogen to regular water (which already has two hydrogen atoms) will increase the antioxidant content of the water and decrease oxidative stress on blood vessels.

Does it work? The results are mixed.

A study reported in a lipid research journal, found that people at risk for metabolic syndrome had improved good HDL cholesterol and lower LDL bad cholesterol.

But a similar study done on healthy adults found hydrogen water showed little results.

The FDA recognizes hydrogen water is safe but there is no standard for how much extra hydrogen is added to the water.

September 2019 General Meeting

Mended Hearts Chapter 16 General meeting was held on September 26 at Pearson Cancer Center with 12 members and 5 guests for a total of 18 persons present.

Dr. Jose Silva, Electrophysiologist, made a presentation on Atrial Fibrillation (AF) burning versus freezing. Ablation treatment whether performed by point by point RF energy (burning) or freezing the blood vessel creates a scare around the pulmonary vein to serve as insulation for abnormal electrical discharges and reduce fibrillation. Dr. Silva brought this process to Lynchburg about 4 months ago after learning about the freezing procedure for the last three years. Testing of the freezing procedure has 10 years experience in the US and Europe. Dr. Silva can perform either procedure.

Atrial Fibrillation is very difficult to treat. All AF cases have challenges. Freezing is more effective than burning. As we age, AF becomes more prevalent. The longer the heart is in AF, the more difficult it is to stop the fibrillation. It is better to treat AF in the early stages.

The next regular meeting is October 24 at 12:00 Noon at Pearson Cancer Center.

Copied from pagesmag.com
What I Know: ACQUIRING the Long Habit of Living

What is the something else that enables a person to function at a very high level well beyond the age at which such high-level functioning is expected? Now in his late nineties and approaching a century, Dr. Michael DeBakey is an exemplar of vibrant longevity. A clinical professor of surgery at Yale University and author of the book The Art of Aging, Sherwin B. Nuland expresses his appreciation of Dr. DeBakey and describes what has made him the man that he is at this present moment which is a smooth continuation of what he has been throughout his life.

In the process of building Baylor College of Medicine located in Houston, Texas to its present eminence, Dr. DeBakey has not only been its surgical chairman but its dean, chancellor, and guiding light. Having been hailed as the twentieth century’s most influential international and national medical statesman, he is now an indispensable consultant. Baylor’s medical center reflects his vitality and leadership. His list of honors and titles awarded him goes on for page after page.

What is the something else of Dr. DeBakey’s longevity? It is both love and work. These are the two keys that have given his life meaning. His work is intertwined with a commitment to others; he has done something important for people. As a doctor he is purpose driven to maintain life, save life, and give life.

At age ninety-six, DeBakey looks no older than seventy. He eats a diet very low in calories and thinks of this as a contributing factor to his robust health. However, more than that Dr. DeBakey gives the following as the something else of his longevity: “It is this aspect of seeking knowledge, and, to use an even more direct word, curiosity. Curiosity and the seeking of knowledge is a transcendent life force—almost, you might say, spiritual. It has a driven character to it. It drives you intellectually and, to an extent, physiologically. The brain influences the body in ways we don’t know about.” This is a forward momentum created by the very process of seeking knowledge. Serenity too is a theme of Dr. DeBakey’s longevity.

There is another aspect to Dr. DeBakey’s something else. It is his anticipation of the interesting. He goes to bed each night looking forward to the morning to accomplishing work to be done, plans to be made, places to go, things to learn, and ever new challenges to be taken up. He looks forward to promised intellectual stimulation. He is driven by the imagined taste of coming pleasure. His intellectual and creative pursuits are the power source of a vitality that propels him forward. Moreover, Dr. DeBakey has avoided harmful ways of thinking. He does not perceive himself to be old and therefore he does not respond by being old in the sense of true physical deterioration. His relationship with God is a personal one.

What I Know: Are You Savoring The Journey of Life Each Step Of The Way?

Life is not a race, but a journey to be savored each and every step of the way. Therefore, don’t underestimate your worth by comparing yourself with others. It is because we are different that each of us is special. Cherish that difference. It is the part of you that makes life interesting.

Don’t set your goals by what other people deem important. Only you know what is best for you. Don’t take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.

Don’t let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you will live all the days of your life. Don’t give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don’t be afraid to encounter risks. It is by taking chances that we learn how to be brave. Don’t run through life so fast that you forget not only where you’ve been, but also where you’re going.

Don’t dismiss your dreams; to be without dreams is to be without hope; to be without hope is to be without purpose.

Don’t shut love out of your life by saying it’s impossible to find. The quickest way to receive love is to give love; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings. These few words are written by Nancy Sim in “A CREED TO LIVE BY.”

Determine that you will be the best that you can be. Determine to be so strong that nothing can disturb your peace of mind. Decide to talk health, happiness and prosperity to everyone you meet and that you will make all your friends feel that there is something in them. Scatter joy by looking at the sunny side of everything and making your dreams come true. Choose to think only of the best, to work only for the best, and expect only the best. Above all, determine to be just as enthusiastic about the success of others as you are about your own. Day by day forget the mistakes of the past and press on to the greater achievements of the future. A way to do this is to wear a cheerful countenance at all times and give every living creature you meet a smile.

Give so much time to the improvement of yourself that you have no time to criticize others. Finally, be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Presented by Carolyn Lee Peerman
October means pumpkins and way too much pumpkin-spiced everything, but for many it also means pumpkin pancakes.

You might have your favorite recipe for the seasonal breakfast feast, but there are lots of cooks with new ideas out there.

Blogger Taylor Stinson recommends a five-ingredient protein pancake using vanilla protein powder, rather than flour. She tops her creation with shredded coconut, almond butter, pumpkin seeds, chopped nuts, and, of course, maple syrup. See her recipe at thegirionbloor.com.

For traditional recipes, here are some tips to make your favorite recipe fluffy and yummy:

* Most cooks recommend using real buttermilk and not milk for pancakes.
* You could use your pumpkin as a fresh ingredient, but it might be too watery. Canned pumpkin is usually more consistent.
* Avoid canned pumpkin pie mix, since it has added water, sugar and spices. It can throw the recipe off, especially with the spice mixture.

Here is a typical pumpkin pancake recipe, from Martha Stewart:

**Ingredients:**

1 1/4 cups unbleached all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon cinnamon  
1/8 teaspoon nutmeg, preferably freshly grated  
2 tablespoons sugar  
1/2 teaspoon kosher salt  
1/2 teaspoon ground ginger  
Pinch of ground cloves  
1 cup milk  
1 egg  
2 tablespoons melted butter  
6 tablespoons pumpkin puree

1. Whisk flour, sugar, baking powder, salt, and spices in a bowl.
2. In a separate bowl, stir together milk, pumpkin puree, butter, and egg. Fold mixture into dry ingredients.
3. Melt some butter in a skillet over medium heat; pour in 1/4 cup batter for each pancake. Cook pancakes about 3 minutes per side; serve with butter and syrup!

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

Ad Hoc Committees:

Anniversary Dinner
Bylaws
Celebrations & Concerns
Finance
Health Fairs
Hearts of Fame Awards
Historian
Hospitality
Membership
Newsletter
Nominating
Photographer
Program
Publicity
Socials
Speakers Bureau
Visiting Chair

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
Vice President
Secretary
Treasurer
Asst. Treasurer
Publicity
Health Fairs
Cardiac Staff Advisor
Staff Editorial Advisor
Immediate Past Pres
Newsletter Editor
Volunteer Liason
Director of Volunteer

Advisory Board Members:

Anniversary Dinner
Bylaws
Celebrations & Concerns
Finance
Health Fairs
Hearts of Fame Awards
Historian
Hospitality
Membership
Newsletter
Nominating
Photographer
Program
Publicity
Socials
Speakers Bureau
Visiting Chair

Advisory Board Members:

Anniversary Dinner
Bylaws
Celebrations & Concerns
Finance
Health Fairs
Hearts of Fame Awards
Historian
Hospitality
Membership
Newsletter
Nominating
Photographer
Program
Publicity
Socials
Speakers Bureau
Visiting Chair

Advisory Board Members:

Anniversary Dinner
Bylaws
Celebrations & Concerns
Finance
Health Fairs
Hearts of Fame Awards
Historian
Hospitality
Membership
Newsletter
Nominating
Photographer
Program
Publicity
Socials
Speakers Bureau
Visiting Chair

Advisory Board Members:

Anniversary Dinner
Bylaws
Celebrations & Concerns
Finance
Health Fairs
Hearts of Fame Awards
Historian
Hospitality
Membership
Newsletter
Nominating
Photographer
Program
Publicity
Socials
Speakers Bureau
Visiting Chair

National Mended Hearts

National President: Ron Manriquez
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: Andrea Baer 724-396-7820
andrea.baer@mendedhearts.org
Pictures from the September 2019 General Meeting
### Mended Hearts Schedule of Visits

<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>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Carver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Carver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Blackburn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td>Scott</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Stevens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Cousins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Dan Cousins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Carver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Carver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td>Scott</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Blackburn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td>Stinnette</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td>Scott</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Cousins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Carver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Carver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td>Scott</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td>Stinnette</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td>Cousins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td>Cousins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HR &amp; All</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MH Visiting Schedule**
Laurel Dodgion
434-610-6812
Dan Cousins
434-394-5988

First Day of Fall

**OCTOBER 2019**
MEMBERSHIP FORM

- NEW MENDED HEARTS
- NEW MENDED LITTLE HEARTS
- RENEWAL

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 Card
  * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

- 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 family member
  * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional) MH/MLH Conference or Symposia
  * One year annual subscription to Heartbeat magazine ($30 value)

- 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 Symposia

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 $ ______________
October 2019

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

October 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.